

Immunocompromised

August 3, 2022

You have a $-(IE)$ penalty on all saving throws against disease.

Real-world Examples

Addison Disease, Celiac Disease, Dermatomyositis, Graves Disease, Hashimoto Thyroiditis, Multiple Sclerosis, Myasthenia Gravis, Pernicious Anemia, Reactive Arthritis, Rheumatoid Arthritis, Sjögren Syndrome, Systemic Lupus Erythematosus, Diabetes, Down Syndrome

Assistive Options

This is managed by avoiding diseases when possible.

Magical Assistance

Magic that cures diseases can cure a disease once infection happens but cannot be used proactively.

Brain Fog

August 3, 2022

You experience mental fatigue that affects your memory, ability to concentrate and think clearly, and focus. You have a $-(IE)$ penalty on concentration saving throws, and when you need to make an Intelligence check to remember something, you have a $-(IE)$ penalty on the check unless you take $1 + (IE)$ times as long to think about it.

Real-world Examples

Autism, Attention Deficit Hyperactivity Disorder, Chronic Stress, Sleep Disorders, Menopause, Anemia, Depression, Diabetes, Sjögren Syndrome, Migraine, Dementia, Hypothyroidism, Lupus, Arthritis, Multiple Sclerosis, Dehydration, COVID-19

Assistive Options

Regular sleep and exercise and a balanced diet may help. A rest will relieve Brain Fog for 1d6 hours. Keeping a journal, calendar, task list, or other notes can compensate for memory challenges.

Hypersensitivity

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Your fingertips are more sensitive than most people's, giving +(IE) on Wisdom (Perception) checks involving touch, but you are unable to wear gloves, gauntlets, or anything else on your hands without extreme discomfort. The GM may require Constitution checks for other hand sensitivity-related situations.

Real-world Examples

Finger Paresthesia, Arthritis, Lupus, Sjögren Syndrome, Gout, Scleroderma

Assistive Options

The best treatment is avoiding stimuli that cause discomfort.

Moisture Imbalance

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Your mouth dries out quickly, requiring you to drink 1 + (IE) times as much water as typical or experience exhaustion from [Dehydration](#). You also need to take a sip of liquid before casting a spell with a verbal component or making a Charisma (Persuasion) check. If you can't drink first, you need to succeed at a DC 5 + (IE) Constitution check. If you fail, the spell is not cast, or you have disadvantage on the Charisma (Persuasion) check.

Real-world Examples

Diabetes, Stroke, Thrush, Alzheimer's disease, Sjögren Syndrome, HIV/AIDS

Assistive Options

Chewing on gum or some other soft substance can help. One piece will reduce the IE by 1 for 10 minutes. Spells with verbal components cannot be cast with gum in the mouth.

Moisture Loss

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Your eye sockets don't produce enough moisture, so you need to use saline drops regularly, (IE) times every 12 minutes or have a -(IE) penalty on all sight-based rolls until applying saline

drops or closing your eyes for at least 1 minute.

Real-world Examples

Posterior Blepharitis, Sjögren Syndrome, Rheumatoid Arthritis, Lupus, Sarcoidosis

Assistive Options

Characters must carry a skin of saline water to replenish the eyes' moisture.