

Parent Fact Sheet

Congenital Adrenal Hyperplasia (CAH) (Con GEN it all ah DRE null High per play sha)

What is CAH?

Congenital Adrenal Hyperplasia (CAH) is an endocrine disorder. This means the body has a hormonal imbalance. CAH is a condition in which the body cannot make any or enough of the two hormones called cortisol and aldosterone. These hormones are needed for normal body function and growth. CAH is inherited. It is present at birth.

What type of problems occurs with CAH?

A baby who has this condition may have different symptoms depending on which hormones are not working properly. The common problems are poor control of blood sugar levels and dehydration. In some cases, girls can have genitals that look like boy genitals. Early diagnosis and treatment will help with some of the symptoms.

What is the chance my baby will have CAH?

This condition occurs in less than 1 in every 25,000 births. Babies born with this condition have a changed gene from each parent. A person who has one changed gene is called a carrier. A person who is a carrier does not have symptoms. If both parents are carriers, either parent can pass on the changed gene to their baby. If both parents pass on the changed gene, the baby will have the condition. If both parents are carriers, for each pregnancy:

- There is a 25% chance that the baby will be born with this condition.
- There is a 50% chance that the baby will be a carrier for this condition.
- There is a 25% chance that the baby will not be born with this condition and will not be a carrier.

What is the treatment of CAH?

An infant identified with CAH should be referred to an endocrine doctor. The treatment for CAH is to provide the missing hormones to your baby in just the right amounts to help his/her body work and grow normally. Your baby's endocrine doctor will assist you with the treatments and medications needed.

Where in Virginia can I take my baby for care?

Please speak with your baby's pediatrician to obtain a pediatric endocrinology referral. If you want to know more about this condition, please contact Virginia Newborn Screening Services, Virginia Department of Health. The Web site is <http://www.vahealth.org/gns>.



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