

## **Congenital Hypothyroidism (CH)** (ConGen it all Hypo thy roid ism)

### **What is CH?**

Congenital Hypothyroidism (CH) is an endocrine disorder. This means the body has a hormonal imbalance. A baby born with CH cannot produce enough thyroid hormone to meet the body's needs for both mental and physical growth. Thyroid hormone is made by the thyroid gland, which is found in front of the neck below the "Adam's Apple."

### **What type of problems occurs with CH?**

A baby who has this condition may have feeding problems, sleepiness, a large tongue, and a hoarse cry. Early diagnosis and treatment will help prevent physical and mental delays.

### **What is the chance my baby will have CH?**

This condition occurs in less than 1 in every 4,000 births. CH is not usually an inherited disorder, but there are some rare types that are.

### **What is the treatment of CH?**

An infant identified with CH should be referred to an endocrine doctor. The treatment for CH is medicine, which will be taken for life. 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 to your baby's pediatrician about obtaining a referral to a pediatric endocrinologist in your area. 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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