

## Congenital Adrenal Hyperplasia (CAH)

### Parent Fact Sheet

<p>A newborn screening test is a <u>screen</u> and not diagnostic testing. An “abnormal” or “critical” result on a newborn screen indicates the baby may be at a higher risk of having a disorder; however, it does not diagnose the baby with the condition. Follow-up testing is <b>vital</b> to determine if the baby has the disorder indicated. In the event the condition is diagnosed, timely follow-up testing will result in earlier treatment and better outcomes.</p>	
<p><b>Disorder Indicated:</b> Congenital adrenal hyperplasia (CAH) is a collection of inherited conditions that affect the body’s adrenal glands. In a person with CAH, the adrenal glands are unable to produce certain chemicals, including cortisol, a chemical that helps protect the body during stress or illness and helps regulate the amount of sugar in the blood. If left untreated, CAH could cause brain damage, coma, or death. However, if the condition is detected early and treatment is begun, individuals with CAH can have healthy growth and development.</p>	
Incidence	1 in every 15,000 newborns.
<p>Signs and Symptoms</p> <p><i>Please note: these findings may not be present in young infants or in milder forms of the disease</i></p>	<p>The signs may vary from person to person and by the form of CAH. When a child has CAH, you may see:</p> <ul style="list-style-type: none"> <li>• Poor feeding/ Weight loss</li> <li>• Sleeping longer/Tiredness/ Irritability</li> <li>• Vomiting/Diarrhea</li> <li>• Rapid heart rate</li> </ul>
Next Steps may include:	<p><b>Follow up with your child’s pediatric provider</b></p> <p>Clinical assessment Laboratory Testing</p>
Treatment (if indicated)	Medication/Supplements (follow up with your child’s pediatric provider)
Additional Resources	<p>VDH Newborn Screening <a href="http://vdhlivewell.com/newbornscreening">http://vdhlivewell.com/newbornscreening</a>            Baby’s First Test <a href="http://www.babysfirsttest.org">www.babysfirsttest.org</a>            Genetics Home Reference <a href="https://ghr.nlm.nih.gov/">https://ghr.nlm.nih.gov/</a>            Cares Foundation <a href="https://www.caresfoundation.org/">https://www.caresfoundation.org/</a></p>

*Educational content adapted from [www.babysfirsttest.org](http://www.babysfirsttest.org)*

