

Congenital Hypothyroidism (CH)

Parent Fact Sheet

<p>A newborn screening test is a screen and not diagnostic testing. An “abnormal” result on a newborn screen indicates the baby may be at a higher risk of having a disorder; however, it does not diagnose your baby with the condition. Many babies who receive abnormal results do not have the condition. Follow-up with your provider is very important to determine if your baby has the disorder indicated.</p>	
<p>Disorder Indicated: Congenital hypothyroidism (CH) is a condition where the thyroid gland is not present or not working correctly to produce enough thyroid hormone. This hormone is important for healthy growth and development. If this endocrine system disorder is left untreated, CH could cause sluggishness, slow growth, and developmental delays. However, if the condition is detected early and treatment is begun, individuals can have healthy growth and development.</p>	
Incidence	1 in every 3,000 to 4,000 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>When a child has CH, you may see symptoms including:</p> <ul style="list-style-type: none"> • Tiredness/Sleeping longer or more often • Constipation • Hypotonia (poor muscle tone) • Jaundice (yellow skin/eyes) • Cool, pale skin • Hoarse Cry • Delayed growth/weight gain <p style="text-align: center;"><i>Symptoms can be triggered or exacerbated by periods of fasting, illness, or infections.</i></p>
Next Steps may include:	<p>Follow up with your child’s pediatric provider</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 http://vdhlivewell.com/newbornscreening Baby’s First Test www.babysfirsttest.org Genetics Home Reference https://ghr.nlm.nih.gov/ American Thyroid Foundation https://www.thyroid.org/patient-thyroid-information/</p>

Educational content adapted from www.babysfirsttest.org

