



www.mi.gov/newbornscreening

Michigan Resources & Support

University of Michigan Health System- Pediatric Endocrinology

Phone: 734-764-5175

Children's Special Health Care Services

Family Phone Line

Toll-free: 1-800-359-3722

Early On® Michigan

Toll-free: 1-800-EARLY ON

www.1800earlyon.org

Michigan Genetics Connection

www.migeneticsconnection.org

Michigan Newborn Screening

Follow-up Coordinator

Toll-free: 1-866-673-9939

E-mail: MDCH-newbornscreening@michigan.gov

Michigan NBS Parent Liaison

Toll-free: 1-866-673-9939

E-mail: NBS-parent@michigan.gov

National Resources & Support

CAH Parent Handbook

www.dshs.state.tx.us/newborn/cah.shtm

CAH Printable Booklet

www.med.jhu.edu/pedendo/cah

CARES Foundation, Inc.

Toll-free: 1-866-227-3737

www.caresfoundation.org

Family Village

www.familyvillage.wisc.edu

GeneReviews

www.genetests.org

Genetic Alliance

www.geneticalliance.org

What is Congenital Adrenal Hyperplasia (CAH)?

CAH is an inherited disorder present at birth that affects a baby's adrenal glands. A baby with CAH cannot make the proper amount of certain steroid hormones. CAH occurs in about 1 in 18,000 Michigan babies. Without treatment, problems with growth and development will occur and some babies may also become ill and die.

How may CAH affect my child?

Symptoms in Girls

The abnormal adrenal gland may affect an unborn baby girl. Some baby girls are born with masculinized (boy-like in appearance) external genitalia. Girls with CAH usually have normal internal reproductive organs. Girls with untreated CAH may not go through normal puberty.

Symptoms in Boys

Boys with CAH appear normal at birth. Boys with untreated CAH may go through puberty at a very early age.

Salt-Wasting CAH

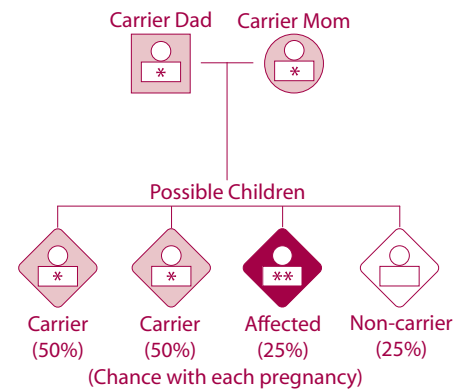
A severe form of CAH is called "Salt-Wasting" CAH. A baby with this form of CAH loses large amounts of salt (sodium) in the urine. This can lead to symptoms such as:

- Dehydration
- Muscle weakness
- Poor growth
- Vomiting
- Weakness of the heart

Babies with untreated salt-wasting CAH may become ill and die in infancy.

How does CAH occur?

CAH is a genetic disorder. Parents of an affected child carry a genetic trait causing CAH. Both parents pass the trait to a child with CAH. There is a 1 in 4 chance that each child will have CAH when both parents carry the trait for the disorder.



How is CAH treated?

Newborns are placed on steroid hormones as soon as possible.

These hormones must be taken

for a person's entire lifetime. Children with the salt-wasting form of CAH may also require salt supplements. Reconstructive plastic surgery on external genitalia may be needed for some newborn baby girls with CAH. Regular visits to a doctor specializing in diseases that affect hormones (endocrinologist) are needed to monitor the amount of medicine required by a child. Your pediatric endocrinologist and pediatrician will ensure your child is prescribed the proper amount of medicine for his or her own unique needs and growth.

For more information contact the Newborn Screening Program toll-free at 1-866-673-9939 or e-mail NBS-Parent@michigan.gov

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