



I want to understand CAH, but it's like

LEARNING A DIFFERENT LANGUAGE

Breaking down the essentials of congenital adrenal hyperplasia (CAH)



WHAT THE

C@H?!

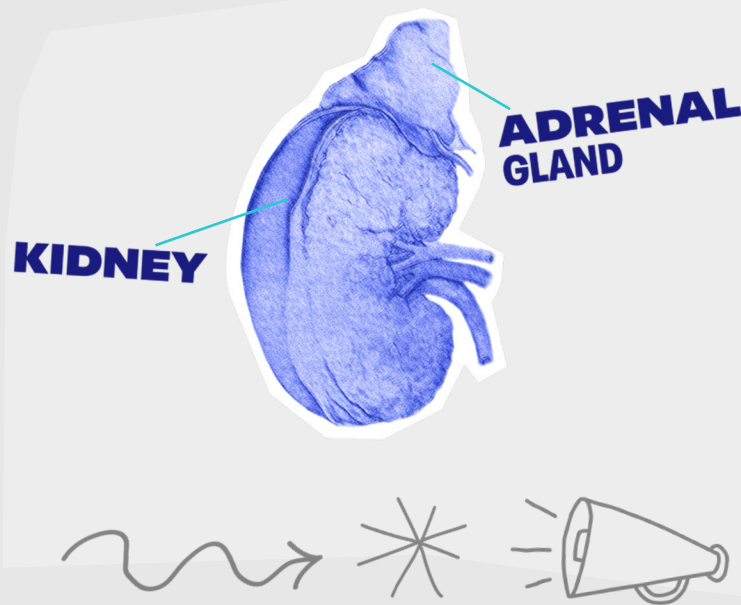
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CAH ESSENTIALS

WHAT THE
C@H?!™

Congenital adrenal hyperplasia (CAH) is a rare, lifelong genetic condition affecting the adrenal glands.

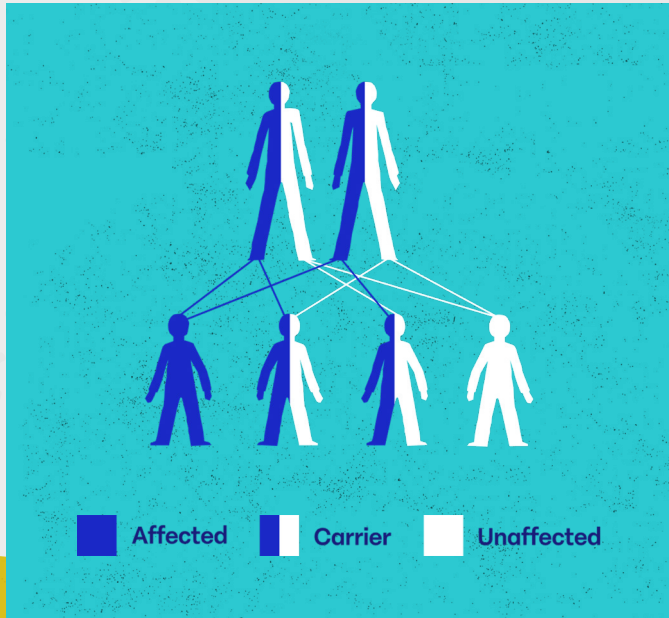
- The adrenal glands produce cortisol, aldosterone, and androgens, hormones critical for the body's function
 - **CORTISOL** plays a role in regulating key functions such as stress and metabolism
 - **ALDOSTERONE** helps regulate the levels of salt and water in your blood, thus impacting blood pressure
 - **ANDROGENS** play a role in regulating key functions such as growth, puberty, and reproductive health
- People with CAH make too little cortisol and aldosterone, while producing too many androgens
- This hormone imbalance can cause health issues throughout life for people with CAH



CAH AFFECTS ABOUT 1 IN 15,000 NEWBORNS WORLDWIDE PER YEAR.

WHAT CAUSES CAH?

- CAH is a genetic disorder, meaning it is inherited. To be born with CAH, both of your parents must pass along the gene that causes it. If you inherit the gene from only one parent, you will be a carrier for CAH but won't have any symptoms.



TREATMENT CHALLENGES

- CAH treatment relies on glucocorticoids for both cortisol deficiency and excess androgen issues
 - **GLUCOCORTICOIDS**, or GCs, are a type of steroid hormone that can help make up for the lower levels of cortisol in people with CAH
- GCs effectively address cortisol issues but to control androgens, higher GC doses are required, which can cause serious short-term and long-term side effects
- Regular monitoring and adjustments to the treatment plan are crucial to effectively manage CAH, including assessing GC side effects



LET'S GET TO KNOW EACH OTHER.

[Click here](#) or scan the QR code to join the community. We'll send videos and info about CAH straight to your inbox.

CAH SYMPTOMS VS TREATMENT SIDE EFFECTS

A symptom is caused by CAH itself, and a treatment side effect may be caused by high-dose GC treatment for CAH. Talk to your doctor about what you're experiencing.

Click [here](#) or scan QR code to watch the video and learn more about symptoms and treatment side effects.



This may be the end of this guide, but our community is just getting started! Join us at [WhatTheCAH.com](https://www.WhatTheCAH.com)

	Symptoms of CAH		Side effect from high-dose steroids
	Low cortisol	Excess androgens	
Body hair		●	
Infertility issues		●	
Weight gain			●
Bone weakness			●
Early bone growth		●	
Feeling tired	●		
Feeling unwell (nauseous)	●		
Adrenal crisis	●		
Type 2 diabetes		●	●
Mental health challenges		●	●
High blood pressure			●
Difficulty sleeping			●