

KNOW YOUR LABS

A guide to your numbers and why they matter

Together with how you feel and what signs and symptoms you're experiencing, lab values are what doctors use to make decisions about your care.

Labs are a valuable tool for you, too. They can help you better understand why you feel the way you feel and can help you get more out of conversations with your doctors. Talk to your doctor about appropriate lab ranges for you.

Essential bloodwork for people with congenital adrenal hyperplasia (CAH)

Blood test	What it measures	Why it's important	Understanding your results
Androstenedione (A4)	Levels of the hormone androstenedione, which is an ingredient the body uses to make different androgens. Sometimes abbreviated A4, it also has slight testosterone-like effects in the body.	• An indicator of androgen control • Lower levels are associated with better CAH management • Higher levels are associated with acne, early puberty, and fertility issues • High androgen levels may be treated with CRENESSITY (a CRF_1 antagonist) or an increased steroid dose	• Your target range depends on a number of factors including age and gender • For men, the target range for androstenedione is optimally less than half the level of testosterone. Your doctor may refer to this as the "A4 to T ratio"
17-OHP	Levels of 17 OHP, also called 17-hydroxyprogesterone, a hormone that the adrenal glands use to make androgens.	• Similar to androstenedione, 17-OHP is an indirect measure of how well androgen levels are managed • Lower levels are associated with better CAH management • Higher levels may be treated with CRENESSITY (a CRF_1 antagonist) or an increased steroid dose	• Target range is based on a number of factors. If CAH is treated with steroids alone, values in the "normal" range of your lab report may suggest that steroid doses are too high
Testosterone (T)	Levels of the hormone testosterone, an androgen.	• Testosterone helps support muscle and bone mass. High levels are associated with excess facial hair growth and acne and can cause early puberty in children. • High levels in females are associated with poor CAH management and can cause deepening of the voice and other symptoms, like excess facial hair	• In females, total testosterone higher than the upper limit of normal indicates poor CAH management • In males, the ratio of androstenedione to testosterone (A4 to T, or A4/T) helps determine whether CAH is well managed
Plasma renin activity (PRA)	Levels of renin, which the body releases into the bloodstream when electrolyte (salt) levels are too low or you are dehydrated.	• Helps measure whether you are getting enough salt and mineralocorticoid (fludrocortisone) • Renin helps maintain a healthy blood pressure and prevent levels of electrolytes that are too low	• Target range is low to normal unless you have high blood pressure • Elevated renin levels suggest that salt and/or mineralocorticoid (fludrocortisone) doses, or water intake, may be too low • Low, or suppressed, renin suggests that the dose of salt and/or fludrocortisone may be too high

CRF_1=corticotropin-releasing factor receptor 1.

CRENESSITY® (crinecerfont) is the first and only FDA-approved CRF_1 antagonist to treat classic CAH. Learn more at CRENESSITY.com

IT'S OUR TIME

Approved Uses:
CRENESSITY (crinecerfont) is a prescription medicine used together with glucocorticoids (steroids) to control androgen (testosterone-like hormone) levels in adults and children 4 years of age and older with classic congenital adrenal hyperplasia (CAH).

SELECT IMPORTANT SAFETY INFORMATION

Do not take CRENESSITY if you:
Are allergic to crinecerfont, or any of the ingredients in CRENESSITY.

Please see full Patient Information.

Crenessity® (crinecerfont)

More than labs

Looking at the big picture

A holistic approach to managing CAH can include monitoring for risks of high-dose steroids and the symptoms of high ACTH and androgens. Your doctor may order other tests such as bone age and bone density scores. Talk to your doctor about screening for these risks.

Consistency is key

Having your labs done at consistent times of day can help create a more accurate measure of CAH management. Ask your doctor about what time of day your labs should be done and how to time them with your steroid doses.

Mental health

Living with a chronic condition can present mental health challenges at any age. For people with CAH, the risk can be even higher because high androgens and high-dose steroids may affect mental health. Experts recommend seeking help when in doubt. It's good to find support for even minor changes in the way you feel, mentally and emotionally.

High ACTH and androgens

Some symptoms of high androgens are easy to spot, like acne, early puberty, or irregular periods. However, in men, testicular adrenal rest tumors (TARTs)—a consequence of high ACTH—require routine monitoring. Ultrasound screenings for TARTs should start in adolescence for boys and happen at least every 1 to 2 years.

High-dose steroids

People who take high-dose steroids, especially for long periods of time, may be at increased risk for health concerns including:

- Obesity
- Diabetes
- High cholesterol
- High blood pressure
- Low bone density
- Mental health challenges, including depression and anxiety

ACTH=adrenocorticotropic hormone.

Other labs for hormones that affect fertility

Your doctor may also order other blood tests to evaluate how well your treatment is addressing your goals. Because these labs can measure levels of hormones that affect fertility, they are especially important if you or your partner see starting a family in your future.



FOR WOMEN

Progesterone

Progesterone levels vary based on where a person is in their menstrual cycle. Levels that are too high may affect fertility or cause irregular periods.

Estradiol

Low estradiol can mean that androgen levels are too high. Low estradiol can cause irregular periods and may impact fertility.



FOR MEN

Luteinizing hormone (LH)

Low levels of LH (a gonadotropin) can impact fertility in adulthood. These imbalances can appear as early as childhood.

Inhibin B

Low levels of inhibin B can impact fertility in adulthood. These imbalances can appear as early as childhood.

Don't underestimate the importance of how you're feeling

Sometimes the best information doesn't come from a lab report. It will help your doctor to hear about changes, even small ones, in how you feel. For example, changes in energy level, weight gain, and menstrual cycles—all those will be useful for evaluating updates to your CAH treatment. Talk to your doctor about anything new you are experiencing.

Ask your doctor about appropriate lab ranges for you.

Approved Uses:
CRENESSITY (crinecerfont) is a prescription medicine used together with glucocorticoids (steroids) to control androgen (testosterone-like hormone) levels in adults and children 4 years of age and older with classic congenital adrenal hyperplasia (CAH).

IMPORTANT SAFETY INFORMATION
Do not take CRENESSITY if you:
Are allergic to crinecerfont, or any of the ingredients in CRENESSITY.

CRENESSITY may cause serious side effects, including:
Allergic reactions. Symptoms of an allergic reaction include tightness of the throat, trouble breathing or swallowing, swelling of the lips, tongue, or face, and rash. If you have an allergic reaction to CRENESSITY, get emergency medical help right away and stop taking CRENESSITY.

Risk of Sudden Adrenal Insufficiency or Adrenal Crisis with Too Little Glucocorticoid (Steroid) Medicine. Sudden adrenal insufficiency or adrenal crisis can happen in people with congenital adrenal hyperplasia who are not taking enough glucocorticoid (steroid) medicine. You should continue taking your glucocorticoid (steroid) medicine during treatment with CRENESSITY. Certain conditions such as infection, severe injury, or shock may increase your risk for sudden adrenal insufficiency or adrenal crisis. Tell your healthcare provider if you get a severe injury, infection, illness, or have planned surgery during treatment. Your healthcare provider may need to change your dose of glucocorticoid (steroid) medicine.

Before taking CRENESSITY, tell your healthcare provider about all of your medical conditions including if you: are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

The most common side effects of CRENESSITY in adults include tiredness, headache, dizziness, joint pain, back pain, decreased appetite, and muscle pain.

The most common side effects of CRENESSITY in children include headache, stomach pain, tiredness, nasal congestion, and nosebleeds.

These are not all the possible side effects of CRENESSITY. Call your healthcare provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch at www.fda.gov/medwatch or call 1-800-FDA-1088.

Dosage Forms and Strengths: CRENESSITY is available in 50 mg and 100 mg capsules, and as an oral solution of 50 mg/mL.

Please see full Patient Information.

NEUROCRINE BIOSCIENCES

©2026 Neurocrine Biosciences, Inc. All Rights Reserved. CP-CFT-US-0379v2 04/2026

Crenessity® (crinecerfont)