I want to understand CAH, but it's like

LEARNING A DIFFERENT LANGUAGE

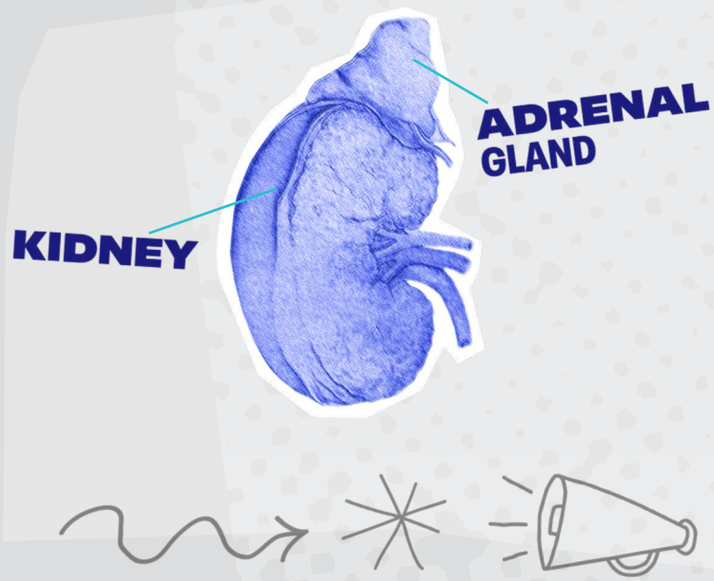
Breaking down the essentials of congenital adrenal hyperplasia (CAH)

WHAT THE C@H?!™

CAH ESSENTIALS

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

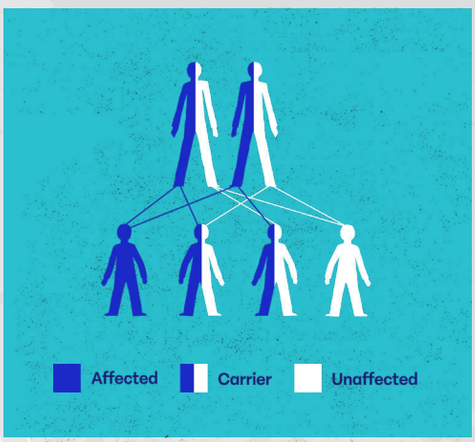
- The adrenal glands produce hormones critical for the body's function:
  - **CORTISOL** plays a role in regulating key functions such as stress and metabolism
  - **ALDOSTERONE** helps regulate the levels of salt and water in your blood, thus impacting blood pressure
  - **ANDROGENS** play a role in regulating key functions such as growth, puberty, and reproductive health
- People with CAH make too little cortisol and sometimes 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.



WHY MISSING CORTISOL LEADS TO TOO MUCH ACTH AND TOO MANY ANDROGENS IN CAH

See the science of CAH at **whatthecah.com**

TREATMENT CHALLENGES

- Managing CAH means addressing two key issues: replacing missing cortisol and lowering excess androgens
  - Steroids, also called **GLUCOCORTICOIDS**, like hydrocortisone, are used to treat missing cortisol
  - At higher doses, steroids can also be used to decrease excess androgens but those higher doses can come with **SERIOUS SIDE EFFECTS**, especially over time
- Living with CAH can mean experiencing symptoms of low cortisol or excess androgens, or both—as well as side effects if you are taking high-dose steroids
- But there's another way to manage excess androgens. Researchers have developed a non-steroid treatment for CAH. Ask your doctor about managing androgens through the CRF_1 pathway.
- Regular monitoring and adjustments to your treatment plan are crucial to effectively manage CAH, including assessing steroid side effects

ACTH=adrenocorticotropic hormone
CRF_1=corticotropin-releasing factor 1

CAH SYMPTOMS VS STEROID SIDE EFFECTS

A symptom is caused by CAH itself, but other experiences may be side effects of high-dose steroids.

This may be the end of this guide, but our community is just getting started! Join us at **WhatTheCAH.com**

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@WHATTHECAH

	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			●

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