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Congenital Adrenal Hyperplasia (CAH)

CAH refers to a group of genetic disorders that affect the adrenal glands. These glands sit on top of the kidneys and release hormones the body needs to function. CAH creates imbalances in these hormones, which cause a wide range of symptoms in infants, children, and adults.

NICHD research aims to find new ways to diagnose and treat the disorder, as well as to help health care providers and scientists better understand how it develops.

General Information

About Congenital Adrenal Hyperplasia

CAH refers to a group of genetic disorders that affect the adrenal glands. These glands release hormones the body needs to function.

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What causes congenital adrenal hyperplasia?

CAH is caused by changes (mutations) in one of several genes. These changes lead to deficiencies in enzymes that the adrenal glands need to make proper amounts of some hormones.

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What are the symptoms of congenital adrenal hyperplasia?

CAH can be categorized as classic or nonclassic types based on severity. Symptoms

How do health care providers diagnose congenital adrenal hyperplasia?

CAH can be diagnosed during pregnancy, at birth, or later in life. The method a health care

for CAH varies based on the condition type.

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provider uses to diagnose the condition will vary depending on the patient's phase in life.

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What are the treatments for congenital adrenal hyperplasia?

Treatments for CAH include medication and surgery as well as psychological support.

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Research

NICHD Congenital Adrenal Hyperplasia Research Information

NICHD conducts and supports research on CAH and on many disorders associated with it.

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Find a Study

Find a Study on Congenital Adrenal Hyperplasia

NICHD conducts and supports a variety of clinical research projects related to CAH.

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More Information

Other Congenital Adrenal Hyperplasia FAQs

Find answers to other common questions about CAH, such day care and school attendance for children with CAH and what adults with CAH need to consider about starting a family.

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Congenital Adrenal Hyperplasia Resources

Links to websites of groups that study or provide information about congenital adrenal hyperplasia.

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Last Reviewed Date 5/17/2021