

Congenital Adrenal Hyperplasia (CAH)

- Congenital adrenal hyperplasia (also called CAH) is an **inherited** (passed from parent to child) disorder that affects the **adrenal glands** (glands located near the kidneys).
- Babies with CAH are **unable to make the correct amount of certain hormones**. These babies usually do not have enough **cortisol** and **aldosterone**. Their bodies also make too much **androgen**. These hormones are necessary for proper development of the genitalia (sexual organs) and for proper kidney function.
- Babies with CAH usually have abnormal development of the genitalia. Some babies have a “salt-wasting” type of CAH. Their bodies remove excess salt and water in the urine, which can lead to dehydration and salt deficiency. Other health problems that may be associated with CAH include:
 - Dehydration
 - Drowsiness
 - Heart arrhythmia (irregular heart beat)
 - Inability to process sugar correctly
 - Vomiting
- There is no cure for CAH. However, hormone supplements and medications can be given to help the body develop properly and to prevent other health problems.
- For more information about CAH, please click on one of the links below.
 - [Mayo Clinic](#)
 - [Medline Plus Medical Encyclopedia](#)
 - [National Library of Medicine Genetics Home Reference](#)