

# Congenital Adrenal Hyperplasia (CAH)

(endocrine condition)

*Information for Health Professionals*

## Also known as:

- adrenogenital syndrome (AG syndrome)
- 21-hydroxylase deficiency

## What is CAH?

CAH is a condition in which enzymes required for the synthesis of cortisol and aldosterone by the adrenal gland are missing. Cortisol and aldosterone are important in salt and water balance in the body and cortisol is involved in the body's normal response to stress, for example, during an infection. There may be an increase in androgens (male hormones) secreted by the adrenal gland.

## What causes CAH?

The most common cause of CAH is a decreased or absent activity of steroid 21-hydroxylase, an enzyme required for cortisol and aldosterone synthesis. This results from pathogenic variants in the CYP21A2 gene. There are several different pathogenic variants in the CYP21A2 gene which result in either mild or severe forms of CAH.

## How common is CAH?

The incidence of CAH is about 1 in every 15,000 infants born in Canada.

## What are the clinical features of CAH?

Male infants appear normal at birth. Female infants may have masculinization of the external genitalia because of an excess of male adrenal androgens. Both males and females with severe CAH are at risk for salt-wasting crisis. Infants may present with failure to thrive, vomiting, dehydration, hyponatremia, hyperkalemia and shock in the first few weeks of life.

Milder forms of CAH present later in life and may not be detected on the newborn blood spot screen.

## What is the screening test for CAH?

An increased 17-hydroxyprogesterone (17OHP) concentration is detected on the newborn blood spot screen. Newborn blood spot screening will not detect all infants with CAH. Infants with clinical symptoms need timely assessment and diagnostic testing even if their screen result is normal.

## How is the diagnosis confirmed?

The diagnosis of CAH is confirmed by measurement of serum 17OHP and other adrenal hormones together with molecular genetic analysis of the CYP21A2 gene. The Pediatric Endocrinology Clinic will arrange diagnostic testing.

## How is CAH treated?

Cortisol and aldosterone replacement prevents salt-losing crisis and decreases the buildup of adrenal androgens. Lifelong hormone replacement is necessary. Surgery may be required for female infants to correct masculinization of the external genitalia. Infants who are identified early and treated appropriately have a good prognosis.

## Is CAH inherited?

CAH is inherited as an autosomal recessive disorder. Parents of a child with CAH are carriers of the condition and have a 1 in 4 chance of having another affected child in each subsequent pregnancy. CAH carriers are healthy. Genetic counselling is available to families with CAH. Treatment of the mother with steroids during pregnancy may prevent masculinization in a female fetus.

Additional resources are available through:

### Pediatric Endocrinology

Stollery Children's Hospital  
1C4, 8440 – 112 St. NW  
Edmonton, AB T6G 2B7  
Phone: 780-407-8249  
Fax: 780-407-1509

### Emergency consultations:

Phone 780-407-8822 and ask for the specialist on call for pediatric endocrinology.

### Pediatric Endocrine Clinic

Alberta Children's Hospital  
28 Oki Drive NW  
Calgary, AB T3B 6A8  
Phone: 403-955-7003  
Fax: 403-955-7639

### Emergency consultations:

Phone 403-955-7211 and ask for the specialist on call for pediatric endocrinology.

---

### **Early screening and follow-up care – every baby, every time**

For more information about the Alberta Newborn Screening Program, visit [www.ahs.ca/newbornscreening](http://www.ahs.ca/newbornscreening)

© March 2023, Alberta Health Services, ANSP, Conditions CAH V5

