

CONGENITAL ADRENAL HYPERPLASIA: The Pediatrician's Role



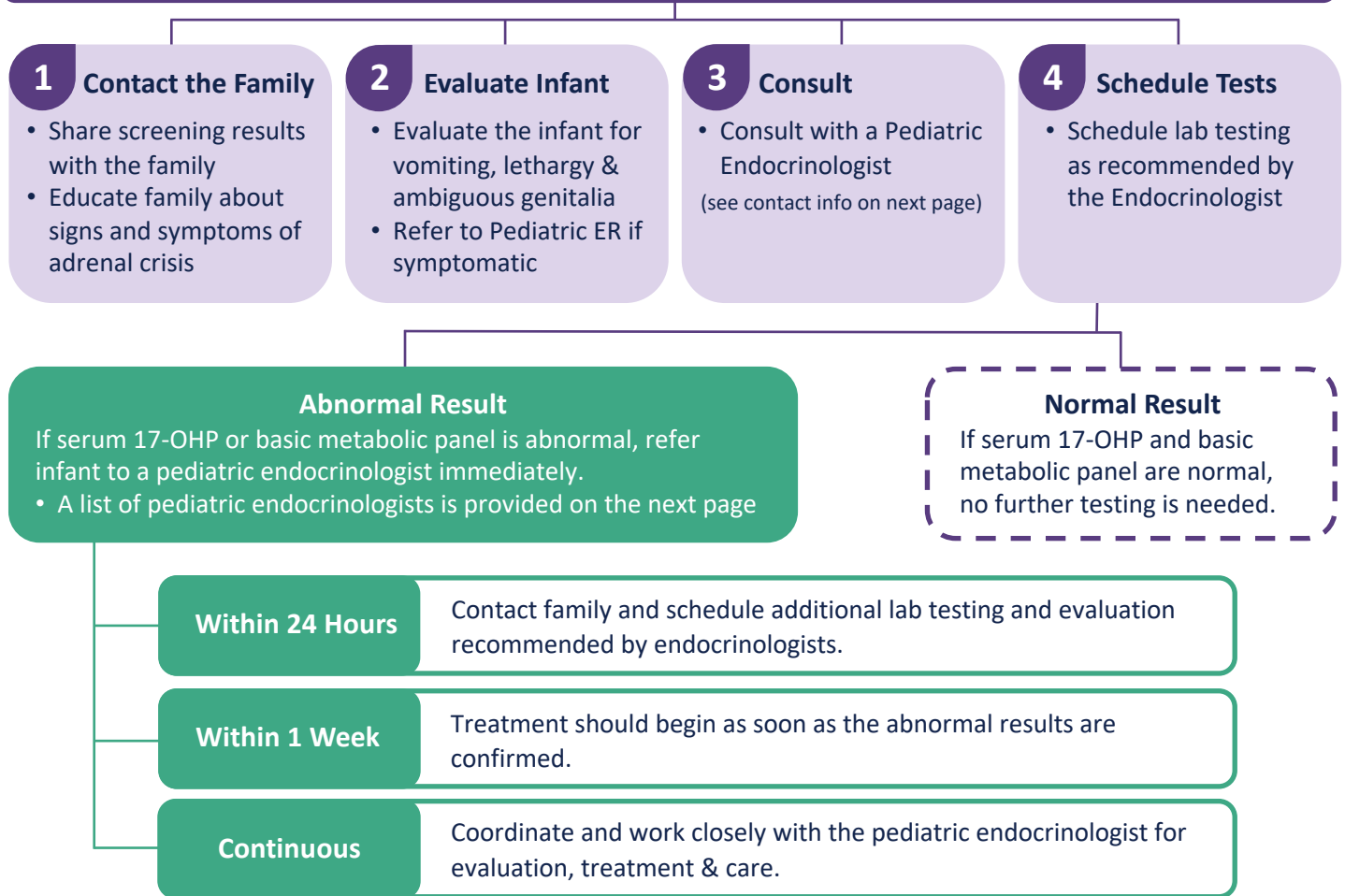
Newborns with abnormal Congenital Adrenal Hyperplasia results require immediate testing and evaluation by a physician. **Delayed detection and treatment can lead to developmental delays, coma, and death.** If a patient with a positive screen shows symptoms such as vomiting, lethargy, poor feeding, and diarrhea, send them to a pediatric emergency room immediately.

Congenital Adrenal Hyperplasia (CAH) occurs when the adrenal glands lack production of one of the enzymes (typically 21-hydroxylase) needed to produce essential hormones. This results in low production of cortisol (which helps the body respond to stress and helps control blood sugar levels), and aldosterone (which is needed to retain salt in the body). Many babies with CAH are also born with ambiguous genitalia.

CLINICAL MANAGEMENT GUIDELINES

If newborn screening shows that an infant has an elevated 17-alpha hydroxyprogesterone (17-OHP), follow the steps below to ensure that the child receives care as soon as possible. The earlier infants receive treatment, the better the long-term outcome. **Symptomatic patients should be sent to a pediatric ER immediately.**

Newborn screening produces an elevated 17- Alpha Hydroxyprogesterone (17-OHP)



If you have any questions or concerns about newborn screening or your next steps, call the Genetic Diseases program at 504-568-8254 or visit ldh.la.gov/genetics.

LOUISIANA PEDIATRIC ENDOCRINOLOGISTS

All infants who have positive screening and confirmatory test results for Congenital Adrenal Hyperplasia need to be seen by a pediatric endocrinologist as soon as possible. Below is a list of some of the hospitals that specialize in pediatric endocrinology across the state.

| Region | Hospitals | |
|---|--|--|
| Greater New Orleans Area: Jefferson, Orleans, Plaquemines, St. Bernard | Children's Hospital (CHNOLA) LSUHSC School of Medicine New Orleans: (504) 894-5381 Fax: (504) 894-5139 | Ochsner Health Center New Orleans: (504) 842-3900 |
| Greater Baton Rouge Area: Ascension, E. Baton Rouge, E. Feliciana, Iberville, Pointe Coupee, W. Baton Rouge, W. Feliciana | Children's Hospital Endocrinology Clinic Baton Rouge Baton Rouge: (504) 894-5381 | Our Lady of the Lake Pediatric Endocrinology Baton Rouge: (225) 765-5500 Fax: (225) 374-1684 |
| South Central Area Assumption, Lafourche, St. Charles, St. James, St. John the Baptist, St. Mary, Terrebonne | Ochsner Health Center for Children, Houma Houma: (504) 842-3900 | |
| Acadiana/Southwest Area: Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, Vermillion | Women's and Children's Hospital Kids' Specialty Center Lafayette: (337) 371-3101 | |
| Northwest/Northeast/Shreveport Area: Bienville, Bossier, Caddo, Claiborne, DeSoto, Natchitoches, Red River, Sabine, Webster | LSUHSC School of Medicine Pediatric Endocrinology Shreveport: (318) 675-6070 Fax: (318) 675-6145 | |
| Northshore Area: Livingston, St Helena, St. Tammany, Tangipahoa, Washington | Children's International Group Slidell: (985) 288-1800 Lacombe: (985) 882-7077 | Ochsner Health Center for Children, Covington Covington: (985) 809-5800 |
| | Ochsner Health Center for Children, Slidell Slidell: (504) 842-3900 | Children's Hospital Endocrinology Clinic Northshore Northshore: (504) 894-5381 |

For further guidance, call the Genetic Diseases program at 504-568-8254



The Genetic Diseases Program operates a mandated newborn heel stick screening and follow-up program to test all children born in Louisiana for genetic or metabolic disorders recommended by the U.S. Department of Health and Human Services Advisory Committee on Heritable Disorders in Newborns and Children.

LOUISIANA PEDIATRIC EMERGENCY ROOMS

If your patient screens positive for Congenital Adrenal Hyperplasia (CAH) and shows symptoms such as vomiting, lethargy, poor feeding, and diarrhea, contact a pediatric emergency room immediately. Many babies with CAH are also born with ambiguous genitalia. Ensure the emergency room you refer your patient to is equipped to handle pediatric care. Below is a list of a few emergency rooms that specialize in pediatric care in each area the state.

| Region | Pediatric Emergency Rooms | |
|---|--|--|
| Greater New Orleans Area: Jefferson, Orleans, Plaquemines, St. Bernard | Children's Hospital (CHNOLA) 200 Henry Clay Ave, New Orleans, (504) 899-9511 | Ochsner Hospital for Children 1315 Jefferson Highway, New Orleans, (866) 624-7637 |
| | West Jefferson Medical Center 1101 Medical Center Blvd, Marrero, (504) 349-1555 | |
| Greater Baton Rouge Area: Ascension, E. Baton Rouge, E. Feliciana, Iberville, Pointe Coupee, W. Baton Rouge, W. Feliciana | Our Lady of the Lake Children's Hospital 8300 Constantin Blvd, Baton Rouge, (225) 374-4325 | Our Lady of the Lake Livingston 5000 O'Donovan Blvd, Walker, (225) 271-6000 |
| | Our Lady of the Lake Gonzales 1125 W Highway 30, Gonzales, (225) 647-5000 | Lane Regional Medical Center 6300 Main St, Zachary, (225) 658-4000 |
| Acadiana/Southwest Area: Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, Vermillion | Women's and Children's Hospital 4600 Ambassador Caffery Pkwy, Lafayette, (337) 521-9100 | Christus Lake Area Hospital 4200 Nelson Road, Lake Charles, (337) 474-6370 |
| Central Area: Avoyelles, Catahoula, Concordia, Grant, LaSalle, Rapides, Vernon, Winn | Rapides Regional Medical Center 211 4 th St, Alexandria, (318) 769-3000 | |
| Shreveport/North LA Area: Bienville, Bossier, Caddo, Claiborne, DeSoto, Natchitoches, Red River, Sabine, Webster | Ochsner LSU Health 1541 Kings Highway, Shreveport, (318) 675-5000 | Willis Knighton South 2510 Bert Kouns Industrial Loop, Shreveport, (318) 212-5000 |
| | Ochsner LSU Health 4864 Jackson St, Monroe, (318) 330-7000 | St. Francis Medical Center 106 Margaret Drive, Monroe, (318) 966-4000 |
| Northshore Area: Livingston, St Helena, St. Tammany, Tangipahoa, Washington | North Oaks Regional Medical Center 15790 Paul Vega MD Drive, Hammond, (985) 345-2700 | Ochsner Hospital for Children 100 Medical Center Drive, Slidell, (985) 649-7070 |
| | | St. Tammany Parish Hospital 1202 S. Tyler Street, Covington, (985) 898-4000 |

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