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## Cares Foundation Holds Second Annual Caring Hearts Walk For Cah Awareness Oct. 4

October 2nd, 2015 by Terry Miller

CARES Foundation, a national organization supporting those affected by the genetic disorder Congenital Adrenal Hyperplasia (CAH), will hold its 2nd Annual CAREing Hearts Walk for CAH October 4th, at Santa Anita Racetrack & Park in Arcadia. Last year's inaugural event was attended by more than 100 participants from across California as well as neighboring states.

More than 150 patients, health professionals, families and friends are expected to gather at Santa Anita for the 3 mile walk to raise awareness for the disorder. "Because CAH is a rare disorder, most people who are affected only learn about it after a diagnosis. We want to change that", says Dina Matos, Executive Director of CARES Foundation. "We want people who are at risk to have a child with CAH, or those who have suffered with a misdiagnosis to undergo genetic or other testing to assess their risk or to confirm a diagnosis", she added. "The event is a wonderful opportunity to bring the CAH community together and to raise funds in support of CARES Foundation, the only organization of its kind in the United States," said Karen Bogaard, the event chair.

The event will include a Kid's Fun Run, pony rides, face painting and other activities for children. Registration starts at 10:30 am, with the kids' fun run at 11:30, and the walk at noon. There will be music, raffle prizes and food. Staff from Children's Hospital Los Angeles will be on hand to educate patients and parents on injection training. To register or for more information, visit our website at [www.caresfoundation.org](http://www.caresfoundation.org). Those who prefer not to walk can support the event by making donations and spreading awareness. More details are available on our website. Proceeds from the event will benefit CARES' programs including patient and medical education, research, centers of excellence, EMS protocols for adrenal insufficiency and other programs to benefit the CAH community, primarily at the newly CARES-designated Center of Excellence for CAH at Children's Hospital Los Angeles in conjunction with Cedars- Sinai Medical Center and USC.

CAH is a family of genetic disorders affecting the adrenal glands. In the severe form, it can lead to shock, cardiac arrest and death in newborns and emergency situations. The non-classical, milder form of CAH affects 1 in 27 to 1 in 1000 in the general population and can seriously affect quality of life, cause growth and pubertal problems in children, infertility in adults, and other long-term symptoms such as anxiety and depression. For more information on CAH, please visit: [www.caresfoundation.org](http://www.caresfoundation.org).