



FEBRUARY 2024

RARE DISEASE DAY

RARE DISEASE DAY WILL BE TAKING PLACE ON FEBRUARY 29, 2024. WE URGE YOU TO ADVOCATE AND SPREAD AWARENESS FOR CAH THROUGHOUT THE MONTH, AND TO TAKE ADVANTAGE OF ALL THAT CARES HAS TO OFFER.



IMPORTANT INFO & EVENTS

VIEW THE FEBRUARY 2024 CARES FOUNDATION UPDATE TO LEARN ABOUT UPCOMING SUPPORT GROUPS, CAH WALKS, FUNDRAISING OPPORTUNITIES, AND MORE!

#RAREDISEASEDAY

RAREDISEASEDAY.ORG

Click the icons below to follow us on social media for the most up-to-date news!



February 29, 2024

TAKE PART IN #RAREDISEASEDAY!

CARES Foundation encourages you to share your CAH story on #RareDiseaseDay through social media!

Send us your CAH story to be displayed across CARES Foundation's social media & Website on February 29, 2024! It is important to share your stories and perspectives so that others can gain a sense of comfort in knowing that they are not alone in their CAH journey.

What we ask for:

- *A written entry (any length) of any part/parts of your experience with CAH*
- *A photo of you (can be more than one)*
- *A willingness to share your story with the CAH Community*

All submissions can be emailed to john@caresfoundation.org by February 20, 2024 by 11:59PM(ET).

You may also contact john@caresfoundation.org regarding any questions about our Rare Disease Day Campaign for 2024. Please do not hesitate to reach out, and remember that your story can have a huge impact on our community!



VISIT BOTH YOUR HOME'S AND SCHOOL'S EMS/FIREHOUSE!



TO [BE PREPARED FOR AN EMERGENCY](#), YOU MUST MAKE SURE YOUR LOCAL FIREHOUSE AND/OR EMS STATION IS AWARE OF YOUR OR YOUR CHILD'S ADRENAL INSUFFICIENCY/CAH STATUS! WE URGE YOU TO VISIT YOUR FIREHOUSE/EMS STATION RIGHT AWAY!

[CLICK HERE](#) FOR OUR EMS ADVOCACY PAGE, WHERE YOU WILL FIND HELPFUL RESOURCES AND DOCUMENTS!

I SUPPORT RARE DISEASE DAY® 29 FEBRUARY 2024

Make a Donation

#RAREDISEASEDAY



RAREDISEASEDAY.ORG

EQUITY
FOR PEOPLE
LIVING WITH A
RARE DISEASE



IS EQUITABLE ACCESS TO DIAGNOSIS,
TREATMENT, HEALTH, SOCIAL CARE AND
OPPORTUNITY.

#RAREDISEASEDAY
RAREDISEASEDAY.ORG

29 FEB
2024

THERE ARE
6000+
IDENTIFIED RARE
DISEASES



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29 FEB
2024

THERE ARE
300
MILLION PEOPLE
WORLDWIDE
LIVING WITH A RARE DISEASE



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29 FEB
2024

70%



OF GENETIC RARE
DISEASES START IN
CHILDHOOD!

#RAREDISEASEDAY
RAREDISEASEDAY.ORG

29 FEB
2024

INSTRUCTIONS FOR NEXT PAGE

WE WANT YOU TO TAKE PART IN #RAREDISEASEDAY!

For our younger Rare Disease Patients, we have included an “I am Rare” coloring sheet on the following page. We encourage you to print yours out, color at home, and take a picture and post it to your social media with the hashtags: #RAREDISEASEDAY, #CAREFOUNDATION #IAMRARE #CAH

I AM
RARE

#RAREDISEASEDAY



RAREDISEASEDAY.ORG

Preventing Adrenal Crisis Events

PACE App

Have you downloaded it yet?

The Preventing Adrenal Crisis Events (PACE) app is available to patients, parents/caregivers, and medical professionals and is designed to provide readily accessible information and instructions for effectively managing AI (Adrenal Insufficiency). The app will include stress dosing and intramuscular injection techniques as well as other helpful tools.

For the access code, please reach out to: support@caresfoundation.org

Sponsored by:



(Android App Store Only)

https://play.google.com/store/apps/details?id=com.jafproductions.PACEAndroidNew&pcampaignid=web_share



(Apple App Store Only)

<https://apps.apple.com/us/app/pace-by-chaicore/id1490431010>

SPANISH VERSION IS COMING SOON!



CAH PULSE NEW EPISODE!

Trust Yourself - College Life with CAH



Join Dina and Stephanie as they speak with Joey, a sophomore at Duke University, who claims that trusting yourself is one of the keys to living with CAH successfully as a college student. He explains how he has made it possible to experience college away from home, taking classes, and enjoying his time in the dorm with friends just as a typical student would! Joey is an exceptional, resilient and responsible 19-year-old who unlocks his secrets to transitioning from being a child to becoming a young adult living on his own with CAH.

[CAH Pulse is available at this link & on all platforms!](#)

Please reach out to dina@caresfoundation.org if you would like to be a guest on the podcast!

Do you or your child have congenital adrenal hyperplasia (CAH)?

Earn \$50 for taking a 20-minute online survey!



Share Your Experiences With CAH and Earn \$50 or More For Your Time

Pinpoint Patient Recruiting, a market research recruitment company, is looking for people who have been diagnosed with congenital adrenal hyperplasia (CAH), and their caregivers, to participate in online market research surveys and interviews. These opportunities are being conducted over the next few months to help researchers better understand the experiences and opinions of people living with CAH, as well as their caregivers.

If you or your child have been diagnosed with CAH, you may be eligible to participate. **Those who qualify and participate in a study will receive \$50 or more as a thank you for their time.** All information and responses will remain confidential.

This research is sponsored by a pharmaceutical company. No medication will be given or tested.

Interested?

To see if you qualify for these research opportunities or to get more information, please visit pinpointpatientrecruiting.com/cah-survey-cares or contact Ingles Adams at ingles@pinpointpatientrecruiting.com

SAVE THE DATE

For our 16th Annual

Everyone CARES Gala

Our Honorees

Adrenas Therapeutics
Dr. Patricia Y. Fechner
Alexandra Dubois

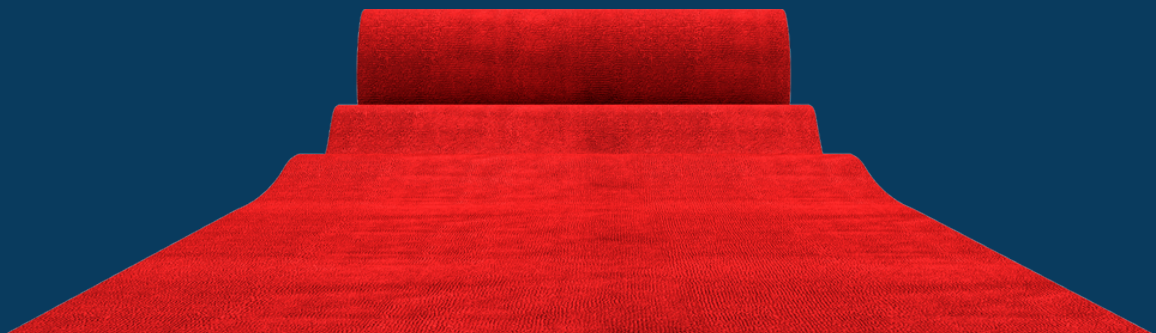


- Exciting new event space!

April 27, 2024

Sony Pictures Studio, California
Scenic Arts Building

Please reach out to john@caresfoundation.org to be notified when tickets open



DOUBLE H RANCH

Summer Camp

WHERE KIDS CAN BE KIDS

This summer at Double H Ranch, hundreds of kids living with serious illnesses will have the chance to experience camp in a unique way—purposefully designed, fully adapted, and medically safe. Our team of trained staff and licensed medical professionals ensure a safe environment so your camper can focus on having fun. All programs are FREE of charge.

Camper = activities

- o Archery
- o Arts & Crafts
- o Boating
- o Fishing
- o High Ropes Course
- o Horseback Riding
- o Swimming
- o Talent Show
- o And So Much More!



2024 CAMP DATES

- SESSION 1: JUN 20-25
- SESSION 2: JUN 28-JUL 3
- SESSION 3: JUL 6-11
- SESSION 4: JUL 15-20
- SESSION 5: JUL 23-28
- SESSION 6: JUL 31-AUG 5
- ALUMNI: AUG 8-12

BASIC CAMPER ELIGIBILITY

- o Medically Qualifying Diagnosis of one of the following... CAH, Cancer, Collagen Vascular Diseases, Congenital Cardiac Defects, Hemophilia/von Willebrands, Inflammatory Bowel Diseases, Immune Disorders/HIV, Mitochondrial or Metabolic Diseases, Select Neuromuscular Disorders, Select Rare Diseases, Shunt Dependent Hydrocephalus, Solid & Visceral Organ Transplant, or Sickle Cell Anemia
- o Campers aged 6-16 years old for Sessions 1-6. Campers aged 17-21 who have previously attended a Double H program for the Alumni Session.
- o Cognitive age of at least 6 years old.

Campers are asked to submit an online application with a current physical form and immunization record.



Scan to visit doublehbranch.org for details & application.



Double H Ranch, located in New York's Adirondack park, provides specialized programs and year-round support for children and their families dealing with life-threatening illnesses. All programs are FREE of charge.

Founded by Charles R. Wood & Paul Newman

QUESTIONS? CONTACT:

Tara Bogucki,
Admissions Director

tbogucki@doublehbranch.org

518-696-5676 x 222

SAVE THE DATES

September 20, 2024

2024 Patient Advisory Summit

New Brunswick, NJ

If you are interested in participating please reach out to john@caresfoundation.org to be notified when registration opens!

September 21 & 22, 2024

2024 Patient Education Conference

Robert Wood Johnson University Hospital, New Brunswick, NJ

Please let us know what you would like to see covered at this year's conference! Email: odaly@caresfoundation.org
If you are interested in participating please reach out to john@caresfoundation.org to be notified when registration opens!



ASK THE EXPERT

Dr. Karen Lin Su

CARES Medical Director

Do you need expert medical advice before your next appointment?

Do you have unanswered questions about your treatment?

Then, **DON'T FORGET** about our program!

Questions answered, worries alleviated, suggestions offered, CAH medical advice for you and your loved ones.

You must be registered with CARES to use this service. To join, click: <https://caresfoundation.org/join-the-cares-community/>

CLICK HERE: <https://caresfoundation.org/ask-the-expert/> to visit this page



PREGUNTA EL EXPERTO

Dr. Alejandro Diaz

Director of the Division of Endocrinology at Nicklaus Children's Hospital in Miami

¿Necesita asesoramiento médico experto antes de su próxima cita?

¿Tiene preguntas sin respuesta sobre su tratamiento?

¡NO TE OLVIDES de nuestro programa!

Preguntas respondidas, preocupaciones aliviadas, sugerencias ofrecidas, consejos médicos de CAH para usted y sus seres queridos.

Debe estar registrado en CARES para utilizar este servicio.

Para unirse, haz clic en: <https://caresfoundation.org/join-the-cares-community/>

Haga clic aquí: <https://caresfoundation.org/pregunta-el-experto/> para visitar esta pagina.

VIRTUAL COMMUNITY FUNDRAISERS



Support CARES on #RareDiseaseDay

Place an online Pickup or Delivery order with Panda Express on February 29, 2024 and 28% of your sale will be donated back to CARES Foundation in conjunction with Rare Disease Day!

WHEN

Thursday, February 29, 2024

Place your order for pickup or delivery on Thursday, February 29!

WHERE

Available at Panda Express locations nationwide
www.pandaexpress.com

[PLACE YOUR ORDER HERE](#)

HOW

Online orders only

Apply code [920646](#) in the Fundraiser Code box during online checkout at www.pandaexpress.com or via App

1st Annual Iowa CAH Awareness 5k

Des Moines Water Works - Des Moines, Iowa
May 18, 2024



CHECK-IN: 9:00AM | 5K BEGINS: 10:00AM

Registration Deadline: May 17, 2024 - 3:00PM(ET)

[REGISTER HERE](#)

2nd Annual Washington CAH Awareness 5k

Magnusson Park - Seattle, Washington
June 1, 2024



CHECK-IN: 10:30AM | WALK BEGINS: 11:00AM

Registration Deadline: May 31, 2024 - 3:00PM(ET)

[REGISTER HERE](#)



SAVE THE DATE

4th Annual Ohio CAH Awareness Walk
Highbanks Metro Park - Lewis Center, Ohio
September 14, 2024



MAKE SURE TO VISIT THE **WHAT'S HAPPENING NOW & EVENTS** PAGES ON OUR WEBSITE TO STAY UP TO DATE ON IMPORTANT INFORMATION AND EVENTS!

[WHAT'S HAPPENING NOW](#)

&

[EVENTS](#)



Make your voice heard through the CAHtalog Registry!

CAHtalog is a patient-powered database focused on classic CAH. Our goal is to enhance our understanding of daily life with CAH, as well as identify gaps in care and treatment. By participating and sharing your unique patient journey, you can play a crucial role in helping improve the lives of the CAH community.

Study Eligibility: The CAHtalog registry is open to adults and children diagnosed with classic CAH who receive medical care in the US. You do not need to be on any treatment(s) in order to participate.



"The more CAH Patients that register, the more real-world data will be available for research. CAH has come a long way from my birth and that is all due to research and patients being willing to share their CAH journey."

Lesley
CAHtalog Registry Participant

What is the CAHtalog Registry?



CARES Foundation, partnering with Neurocrine Biosciences and PicnicHealth, has established the CAHtalog™ (Congenital Adrenal Hyperplasia: Patient and Clinical Outcomes in Real-World Practice Settings) registry. The goal of the registry is to support patient-centered research that will enhance the scientific community's foundational knowledge of classic CAH and ultimately improve the lives of patients who live with it every day. Participants can contribute to classic CAH research and share their unique patient journey and voice without the need for in-person visits - and all information will be kept private and secure. After enrollment, participants will have ready access to their digital medical records in one place.

How it works



Step 1: Tell Us About Your Care

Just answer a few questions about yourself and let us know who your doctors are. With your consent, PicnicHealth will do all the work of collecting your medical records –including paper-based records, imaging, and doctors' notes.



Step 2: Your Records At Your Fingertips

PicnicHealth will organize and digitize all of your child's records in one secure, easy-to-use platform. You can share your records securely with your care team in real-time, even during emergencies. The PicnicHealth team will continue to update your medical records for you on a regular basis.



Step 3: Earn Up To \$150 A Year Completing Short Surveys At Home

When you join the registry, you will be invited to complete paid health and well-being surveys from your PicnicHealth account. These surveys help researchers understand your daily experiences and capture insights that may not be available in your medical records.



Step 4: Help Researchers Further Their Understanding of Classic CAH

We employ our proprietary de-identification technology to extract only the information valuable to researchers and replace personally identifiable information with randomized ID numbers. Your data is then assigned a unique code and combined with others to create a comprehensive data report, accessible to CAHtalog researchers via a secure portal.



CARES Foundation Endowment Fund

Leave a meaningful gift that will have an enduring impact on the CAH community!

We have created an endowment fund account at the Community Foundation of New Jersey to ensure the longevity of our organization. Please consider giving to it.

A bequest can be arranged in a variety of ways. It can take the form of cash, property, or a part of your estate's remaining value. Including the CARES Foundation Congenital Adrenal Hyperplasia Endowment Fund into your Will could be a beneficial component of your plans, lowering your taxable estate while achieving your philanthropic objectives.

If you would like to name us in your Will or IRA, please add the following as a beneficiary:

*Community Foundation of New Jersey
c/o CARES Foundation Congenital
Adrenal Hyperplasia Fund
EIN 22-2281783*

Ways to Contribute

- Name us in your Will or estate
- Real Estate
- Shares of appreciated stock
- IRA RMDs
- Cash
- Interest or Shares of Operating Business

For more information regarding this process or specific donations, please contact:



Phone: 973.267.5533 Toll-Free: 800.659.5533 Fax: 973.267.2903

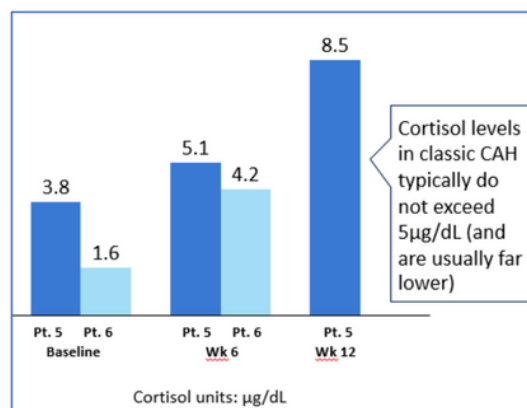
Thank you for considering CARES Foundation!

January 8, 2024

Dear CAH Community Members,

Adrenas Therapeutics, a BridgeBio company, appreciates your ongoing interest in our investigational gene therapy for adults with classic Congenital Adrenal Hyperplasia (CAH) due to 21-hydroxylase deficiency. We are pleased to share an update on the phase 1/2 ADventure trial.

- **Participants and Dose Levels:** A total of seven participants have been dosed with Adrenas' investigational gene therapy, BBP-631: two participants at each of Dose Levels 1, 2, and 3. An additional Dose Level 4 has been added in response to encouraging emerging data. One participant has received Dose Level 4, with a second participant planned for early 2024.
- **Observed Safety:** The investigational gene therapy has been well tolerated by all participants. To date there has been a single serious adverse event at Dose Level 1 related to redness at the infusion site, which fully resolved and which was deemed by the treating physician to be unrelated to the gene therapy. No further skin reactions were observed in Dose Levels 2 through 4. Of course, more time and data from more participants are still needed to characterize the safety profile of BBP-631. Based on the detailed evaluation of each participant's safety data, as well the overall safety profile to date of BBP-631, an independent Data Safety Monitoring Committee (DSMC) approved each dose escalation through Dose Level 4. All participant data will continue to be evaluated at regular intervals by the DSMC.
- **Potential Efficacy:** Early data show robust changes in a direct precursor to the production of cortisol, 11-deoxycortisol, in those participants dosed at higher doses. The increase in 11-deoxycortisol reflects 21-hydroxylase activity and is translating into an early, steady increase in cortisol production. While more data are needed to explore the magnitude of cortisol production at higher doses of BBP-631 and also to fully characterize the durability of this effect, the current data represent the first demonstration of an investigational approach allowing people living with CAH to increase their own (endogenous) production of cortisol.



Adrenas' goal for the ADventure trial is to confirm the safety and potential efficacy of Adrenas' investigational gene therapy on adrenal-related hormones at a variety of dose levels, aiming to find an optimal dose level before advancing the program. While we are encouraged by this progress, Adrenas will continue to collect and closely review all data on the potential impact of BBP-631 in people living with CAH. We will continue to update the community with our evolving understanding later in 2024

Adrenas acknowledges the tremendous contributions of those participating in the ADventure trial, as well as the patient advocacy groups, clinical research sites and investigators, and the broader CAH community. We are grateful to all of you for your ongoing collaboration and support.

Sincerely,

The Adrenas Therapeutics Team

For information visit cahgenetherapy.com and <https://clinicaltrials.gov/ct2/show/NCT04783181>



ALKINDI SPRINKLE® (hydrocortisone) oral granules is the first and only hydrocortisone treatment designed to help provide accurate dosing for newborns and children with adrenal insufficiency.¹

Please see Use and Important Safety Information below.

ALKINDI SPRINKLE: Designed to accurately provide the physician-prescribed dose for accurate adrenal insufficiency treatment.⁵

Accurate dosing in children with adrenal insufficiency is essential.² If a child gets too much hydrocortisone (overdosing) or too little (underdosing), they may experience poor health outcomes that can last for years, even into adulthood.³⁻⁶



Overdosing can lead to long-term health problems

If your child gets **more hydrocortisone** than prescribed, they are at risk for long-term health problems that could last into adulthood.²

- ❖ Growth failure⁵
- ❖ Abnormal weight gain⁵
- ❖ Cushing's syndrome⁴
- ❖ High blood pressure³⁻⁵



Underdosing can lead to short-term health problems

If your child gets **less hydrocortisone** than prescribed, they could be in immediate danger.²

- ❖ Adrenal crisis⁵
- ❖ Masculine features in some conditions causing adrenal insufficiency or congenital adrenal hyperplasia (CAH)⁵
- ❖ Rapid growth in some conditions causing adrenal insufficiency or CAH^{4,5}
- ❖ Poor response to stress⁶
- ❖ Weight loss^{5,6}

No representation is made regarding the use of ALKINDI SPRINKLE in relation to these conditions.

Eton Cares is available to help with individual, personalized support that puts patients first.



Insurance Specialists

Ensure you understand your benefits and help your doctor's office verify and obtain prior authorization and insurance coverage.



Pharmacists

Provide 24/7 support by phone, monthly worry-free refill reminders, and shipment alerts.



Nurse Ambassadors

Provide regular check-ins, answer questions about your child's health and medication, and support you through treatment.

Medication for as little as \$0 per month*

Call the Anovo® Specialty Pharmacy hotline to ask questions about ALKINDI SPRINKLE.

1-833-343-2500

Available Monday through Friday, 8 AM-5 PM CT

- 97% of ALKINDI SPRINKLE prescriptions were successfully onboarded and approved[†]
- QuickStart Program provides medication as soon as 24 hours during prior authorization[†]

See how Eton Cares can help families like yours

<https://www.alkindisprinkle.com/support/>

No 
pill splitting

No 
pill crushing

No 
compounding

Medication for as little as \$0 per month*

Meet actual families living with congenital adrenal hyperplasia (CAH) and see how they treat their little ones with ALKINDI SPRINKLE® (hydrocortisone) oral granules with support from Eton Cares.



Watch their experiences with Eton Cares on AlkindiSprinkle.com

<https://www.alkindisprinkle.com/resources/>

Meet actual families living with congenital adrenal hyperplasia (CAH) and see how they treat their little ones with ALKINDI SPRINKLE® (hydrocortisone) oral granules with support from Eton Cares.

*Restrictions, limitations, and/or eligibility requirements apply.

†Anovo will work with the doctor to obtain insurance coverage. If insurance is denied, the patient may apply to the Patient Assistance Program.

‡For newborns awaiting hospital discharge, medication may be delivered as sii as 24 hours. Typical delivery is 3 to 7 days.

§When the entire dose is administered as directed.

USE & IMPORTANT SAFETY INFORMATION

USE

ALKINDI SPRINKLE is a prescription medicine used in children from birth to less than 17 years old as replacement therapy when the adrenal glandis not making enough cortisol.

IMPORTANT SAFETY INFORMATION

Always give ALKINDI SPRINKLE exactly as your doctor has directed.

Do not take ALKINDI SPRINKLE if you are allergic to hydrocortisone or any of its other ingredients.

Adrenal Crisis:

giving too low a dose or stopping medication can cause low levels of cortisol, which can result in serious illness or death. Treatment with intravenous hydrocortisone should be started immediately. When switching from another type of hydrocortisone to ALKINDI SPRINKLE, watch your child closely for any changes. If your child doesn't get the entire dose of ALKINDI SPRINKLE because of vomiting or spitting some granules out, contact your doctor to see if another dose is needed.

Infections:

all infections should be treated seriously, and stress dosing of hydrocortisone should be started early. Taking ALKINDI SPRINKLE should not stop your child from being vaccinated but let your healthcare provider know prior to vaccination.

Growth Retardation:

the long-term use of corticosteroids in high doses may cause growth retardation in children.

Decrease in Bone Density:

corticosteroids can affect your child's bone growth and strength.

Cushing's Syndrome Due to High Doses of Corticosteroids: treatment with high doses of corticosteroids can cause Cushing's Syndrome. Treatment should be limited to the smallest dose required, and your child's growth and development monitored appropriately.

Changes in Vision:

tell your doctor if your child has blurred vision or other vision problems during treatment with ALKINDI SPRINKLE.

Psychiatric Changes:

corticosteroids can change your child's behavior or mood. Tell your doctor if your child has periods of extreme happiness, extreme sadness, hallucinations, or depression.

Gastrointestinal Reactions:

tell the doctor if your child has stomach pain, upset stomach, black, tarry stools, or vomiting of blood. These could be signs of ulcers or tears in the stomach or intestines. Taking anti-inflammatory nonsteroidal drugs, like ibuprofen, naproxen, or aspirin, can increase the risk of ulcers or tears.

Gastrointestinal Reactions:

tell the doctor if your child has stomach pain, upset stomach, black, tarry stools, or vomiting of blood. These could be signs of ulcers or tears in the stomach or intestines. Taking anti-inflammatory nonsteroidal drugs, like ibuprofen, naproxen, or aspirin, can increase the risk of ulcers or tears.

The most common side effects of ALKINDI SPRINKLE include retaining fluids, changes in glucose tolerance, high blood pressure, behavioral and mood changes, greater appetite, and weight gain.

Please visit ALKINDISPRINKLE.com/patient for more information

You are encouraged to report negativeside effects of prescription drugs by contacting Eton Pharmaceuticals, Inc. at 1-855-224-0233 or the U.S. Food and Drug Administration (FDA) at www.fda.gov/safety/medwatch or call 1-800-FDA-1088.

Please see [full Prescribing Information](#) for more information.

References: 1. Center for Drug Evaluation and Research. Guidance for industry: size of beads in drug products labeled for sprinkle. Published May 2012. Accessed February 7, 2023. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/size-beads-drug-products-labeled-sprinkle-rev1> 2. Neumann U, Whitaker MJ, Wiegand S, et al. Absorption and tolerability of taste-masked hydrocortisone granules in neonates, infants and children under 6 years of age with adrenal insufficiency. Clin Endocrinol (Oxf). 2018;88(1):21-29. doi:10.1111/cen.13447 3. Han TS, Conway GS, Willis DS, et al. Relationship between final height and health outcomes in adults with congenital adrenal hyperplasia: United Kingdom congenital adrenal hyperplasia adult study executive (CaHASE). J Clin Endocrinol Metab. 2014;99:E1547-E1555. 4. Oprea A, Bonnet NCG, Pollé O, Lysy PA. Novel insights into glucocorticoid replacement therapy for pediatric and adult adrenal insufficiency. Ther Adv Endocrinol Metab. 2019;10:2042018818821294. doi:10.1177/2042018818821294 5. Bornstein SR, Allolio B, Arlt W, et al. Diagnosis and treatment of primary adrenal insufficiency: an Endocrine Society clinical practice guideline. J Clin Endocrinol Metab. 2016;101(2):364-389. doi:10.1210/jc.2015-1710 6. Debono M, Newell Price J, Ross RJ. Novel strategies for hydrocortisone replacement. Best Pract Res Clin Endocrinol Metab. 2009;23(2):221-232. doi:10.1016/j.beem.2008.09.010

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UPCOMING SUPPORT GROUPS

If you are interested in participating in any of the below meetings, please reach out to: support@caresfoundation.org

February 7

LGBTQIA+, 8:30PM(ET)

February 8

Parents of CAH Children (Newborn-Age 5), 9:00PM(ET)

February 21

Young Adults (17-29), 8:30PM(ET)

March 7

Parents of CAH Children (School-Aged/Teens/Young Adults), 8:30PM(ET)

March 14

Parents of CAH Children (Newborn-Age 5), 9:00PM(ET)

CARES Foundation plans to host more support group meetings via zoom in 2024. Please stay up to date with our calendar and social media for more information regarding upcoming support groups. If you have any questions regarding support groups, please contact: support@caresfoundation.org

If you have not already, make sure to like and follow our Facebook Page. Here you can also find a variety of our Private Facebook Support Groups.

[Congenital Adrenal Hyperplasia Support Network](#)

[VISIT HERE](#)



Stay prepared with items from the CARES shop !!



Getting Ready for School/Camp Packet \$4.00

Medications to keep track of, signs and symptoms of illness to look for, and the need for appropriate and immediate action in case of emergency. This packet assists you in ensuring the health & safety of your child CAH while at school or camp.



Emergency Response Kit (Set of 3) \$5.00

Perfect for school, camp, clubs, sports, and leaving with the baby sitter! Clear, plastic, water-resistant bags just the right size for your Emergency Response Kit. Emergency wallet card and Emergency Instructions brochure are included.



Medical I.D. Shoe Tags -

\$5.50

Medical ID Shoe Tags are 2-ply red plastic oval tags (1"x1 1/2") with two holes (each 3/16" diameter). Laser engraved with medical ID logo on front side and personal info on back side for privacy.



Medical I.D. Luggage Tags

\$6.50

Luggage tag good for a purse/bag, backpack or suitcase. Includes emergency instruction card.



CARES Foundation Mug

\$13.00

Beautiful 17 oz. ceramic mug with CARES logo, website and signature heart! Use at home or at the office - a conversation starter for CAH awareness.



CARES Tote Bag

\$8.50

This RuMe® packable tote is made from 190T polyester. Features 4" bottom and side gussets for increased storage. Size: 15-1/2" x 15-1/2" x 4". Dark Gray/Black.

*For access to the full CARES Shop, please visit
<https://caresfoundation.org/cares-shop-ii/>*

PLEASE UPDATE YOUR ACCOUNT INFORMATION!

Without the proper fields completed, you may be susceptible to missing out on important information and events! You can click the link below to log-in and edit any incomplete fields.

Please contact john@caresfoundation.org if you are concerned about your account's status

[LOGIN TO YOUR ACCOUNT HERE](#)

CAH PARTNER 2024



Platinum
Transparency
2024

Candid.



2414 Morris Avenue, Union NJ 07083
(908) 362-0272

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