

CAH-Oura Ring Study



Using wearable technology to better understand symptoms, sleep, and health in people with congenital adrenal hyperplasia (CAH)



HELP ADVANCE CAH RESEARCH

People living with CAH often experience changes in energy, sleep, well-being, and symptoms that are difficult to measure between clinic visits. This study aims to determine whether information collected by a wearable device can help us better understand CAH management, quality of life, sleep, and medically important events.

OUR GOAL

To identify biometric patterns associated with symptoms, treatment, sleep, and medically important events in people living with CAH. The knowledge gained from this study may help improve future care for people living with CAH.



1 BEFORE YOUR MAYO CLINIC VISIT



Complete study activities from home

We will send you a study kit. You will:

- ✓ Complete online questionnaires about:
 - CAH management and treatment
 - Quality of life
 - Sleep
 - Fatigue
 - Adrenal insufficiency experiences
- ✓ Collect:
 - Overnight urine sample
 - Saliva samples for cortisol and cortisone testing
- ✓ Mail samples back to Mayo Clinic



2 ONE RESEARCH VISIT AT MAYO CLINIC ROCHESTER



Several-hour in-person visit

Your visit will include:

- Blood tests
- Bone density scan (DEXA)
- Body composition assessment
- Bone microstructure scan (high-resolution CT)
- In-depth interview about your experience living with CAH
- Additional health and functional assessments



Receive an **Oura Ring** and **Oura membership**.

3 LONG-TERM FOLLOW-UP UP TO THREE YEARS



Wear the Oura Ring during everyday life

The Oura Ring continuously tracks:

- Heart rate
- Heart rate variability
- Body temperature
- Sleep
- Physical activity and movement



During follow-up, participants will:

- ✓ Complete brief weekly surveys about symptoms and medical events.
(Up to 5 minutes to complete.)
- ✓ Complete more in-depth monthly surveys about:
 - Quality of life
 - Sleep
 - Fatigue
 - CAH management
(Up to 25 minutes to complete.)
- ✓ Continue participation for as long as the Oura Ring functions.

WHAT YOU WILL RECEIVE FROM YOUR PARTICIPATION



You will receive:

- Bone density (DEXA) scan report
- Body composition scan report
- Lab test results



Oura Ring data to help you learn more about your sleep, activity, and recovery over time.



The opportunity to help advance research that may improve care for people living with CAH.



All information is kept confidential and protected in accordance with federal privacy laws.

WHO MAY BE ELIGIBLE?



Adults with classic congenital adrenal hyperplasia (CAH) who:

- ✓ Have a compatible smartphone
- ✓ Are willing to wear an Oura Ring
- ✓ Can complete online questionnaires and sample collections

PARTICIPANT INFORMATION



There is no cost for study-related procedures or the Oura Ring.



There is no reimbursement for travel, lodging, meals, lost wages, or study visit expenses.



Participation in this research study is completely voluntary.



Choosing not to participate will not affect your medical care, benefits, or relationship with your healthcare providers.

INTERESTED IN LEARNING MORE?

Contact the Study Team



fell.vanessa@mayo.edu

Mayo Clinic Rochester

Principal Investigator:
Irina Bancos, MD, MSc



Your participation can make a difference in shaping the future of CAH care.



Thank you for considering being part of this important research.