

I was second born of four girls so I fall into the common category of the 1:4 ratio.

Growing up I did everything my sisters did: sleepovers, day camps, going to amusement parks, etc. I will say I was better at sports than they were softball, tennis and such. I don't recall CCAH preventing me from doing anything someone without CCAH can do.

We measured control with a 24-hour urine test collection when I was a young child. The technology of measuring control with blood draws was not available; i.e. measuring androstenedione. Thank goodness for modern technology. There was no Solu-cortef injection kit either, although, to this day, I have never had to use it.

I have had quite a healthy life. Of course, there have been blips with health issues over the years: sore throats, the flu, etc. A few years back my appendix flared up and had to be removed. These situations were handled with increasing the glucocorticoid amount as needed

It was about a 60-mile drive for my parents to take me to the hospital for my endo appointments. They made it a special day, taking me out to lunch afterwards. Today I know it was somewhat of a financial sacrifice for them to treat me with this simple gesture. My mom and dad did not have access to any support groups. I believe they were ahead of their time in handling my CCAH care with the strength and the knowledge they were given. God bless them.

Today I have done a fair amount of traveling on my own; I've been to Europe several times, Mexico, and our National Parks. I have had a fulfilling career as a Dental Hygienist.

I enjoy participating in studies of CCAH. I have participated in the Natural History Study at the NIH with Dr. Debra Merke and the Chronocort study.

I have also participated in drug studies my endocrinologist is involved helping to develop.

I enjoy being a Support Group Leader for the "Women over 40 with CCAH" for CARES.

It's so neat to attend the CARES education conferences and meet others. It's a wonderful connection to have and I highly recommend it.

Today I understand how important it is to be under the care of an endocrinologist that understands this disorder, and who is willing to learn more about it. I have learned that CCAH is such an individualized disorder.

I plan to continue participating in studies of CCAH. Even at my age, I'm still learning about my CCAH care and what the future may hold with improved treatment.

Life has been good.

**THIS IS CAH**

*Jan*