

WHAT IS CONGENITAL ADRENAL HYPERPLASIA (CAH)?

Congenital Adrenal Hyperplasia (CAH) is a family of inherited disorders affecting the adrenal gland. Over 90% of those diagnosed with CAH are affected by 21-hydroxylase deficiency. Inherited in severe, moderate and mild forms, the major types of CAH are:

Classical CAH – The severe form of CAH or Classical CAH can result in life-threatening imbalances in salt and hormone levels. If undetected at birth, Classical CAH can lead to adrenal crisis and death. Frequently, newborn babies show no outward signs of the disorder and are sent home only to present a few weeks later for urgent medical attention at a time when they are beyond resuscitation. Classical CAH also is the most common cause of urogenital birth defects in affected females.

Non-Classical CAH – The mild form of CAH may cause symptoms at anytime from infancy through adulthood. While each individual presents differently, common symptoms include: premature development of body hair, body odor, rapid growth spurt, but ultimately short stature as adult, early puberty, severe acne, anxiety, depression, mood swings, migraines and infertility.

For more information, visit our website: www.caresfoundation.org or call our office: (908) 364-0272.



**1st Annual Sylvania (Toledo), OHIO
Saturday, September 8, 2018**

**THE OLANDER PARK,
Open Air Shelter #1
Sylvania (Toledo), OH**

CARESFoundation 

2414 Morris Avenue, Suite 110
Union, NJ 07083
Phone (908) 364-0272
Toll Free (866) 227-3737

Registration: 8:30 AM
Walk Begins: 10:00 AM

How to Help

Become a Social Fundraiser (SF)*! A participant who raises funds for CARES for this event via an online page that is simple to create.

Start a Team*! If you plan to walk with other family members and friends, then you can create a walk TEAM page for other walkers to join and/or support. Teams can consist of other individual social fundraisers, (their pages/names will be displayed on TEAM page) and/or other members of a family (family page will be displayed). To join a TEAM, you must create a SF page. If you want children (all ages) to be included without having their own SF page, we suggest you create a SF page for a family. For example, instead of setting up your page as "Sarah Jones", set it up as "The Jones Family".

Register to Participate! Walkers register to attend the event. Every person over the age 5 and up, must be registered to participate. You can register up to twelve people per registration transaction. To register online, visit www.caresfoundation.org. The registration fee of \$25/adult and \$10/child (ages 6-15) includes an I am CAH Walk T-shirt. Any registered participant raising over \$25 (**by August 24**) will receive a t-shirt at the event.

***A Step-by-Step Guide** to becoming a Social Fundraiser for CARES is available on our website: www.caresfoundation.org

Become a Sponsor! We have many sponsorship opportunities available. Please contact Dina Matos at dina@caresfoundation.org or (908) 364-0272 for more information.

Spread Awareness! Spread the word about this event on your social media and ask others in your community to do the same. This is a wonderful opportunity for your community to support **CARES Foundation**.

All funds raised benefit **CARES Foundation, Inc.**, a 501(c)(3) non-profit organization committed to improving the lives of families and patients affected by Congenital Adrenal Hyperplasia (CAH).

CONTRIBUTIONS:

We encourage you to register online but if you want to collect checks or cash, stay organized by recording all donations received on this log.

Your Name: _____

Team Name: _____

My Goal: _____

Name	Check#	Amount
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
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16.		
17.		
18.		
19.		
20.		

Total:

Note: Many companies offer Matching Gift Programs which could double the impact of your contribution!

Donations can be made online or mailed to:

CARES Foundation
2414 Morris Avenue, Suite 110
Union, NJ 07083

THANK YOU FOR YOUR SUPPORT!

REGISTRATION FORM:

Registration is also available online at www.caresfoundation.org

Name: _____

Last Name: _____

Address: _____

Phone #: _____

Email: _____

Adult t-shirt size: _____
Registration fee of \$25 (Adults age 16 & up) & Children (ages 6-15) includes a CARES Foundation i am CAH Walk T-Shirt. You can use the Contributions table to enter any additional registrants & t-shirt sizes.
(Register by August 24th to guarantee a t-shirt.)

Would you like to become a member of CARES Foundation? (Y) (N) (Already a member) _____

Assumption of Risk, Release, and Permission

The **i am CAH Walk** involves walking and in some cases, running – activities which may include risks. I hereby assume all risks and relieve CARES Foundation of any liability associated with this event. I grant full permission to CARES Foundation to use, reuse, publish, and republish my image as a participant in the event in photographs, video or other recordings. I have read, understand, and agree to the terms of this agreement.

If participant is a minor, the parent or guardian must sign and agree to the above terms.

Signature: _____

Date: _____