



# Congenital Adrenal Hyperplasia: A Comprehensive Guide

By Peter C Hindmarsh, Kathy Geertsma

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**Congenital Adrenal Hyperplasia: A Comprehensive Guide** By Peter C Hindmarsh, Kathy Geertsma

*Congenital Adrenal Hyperplasia: A Comprehensive Guide* addresses how hydrocortisone works, what can go wrong, and how to correct it, also explaining why the timing of doses and measurement of cortisol from a dose is extremely important.

The book provides an in-depth analysis of this disorder for pediatric endocrinologists and primary care providers, allowing them to help patients with an updated model of care and appropriate treatment.

Patients and family members will benefit from the trend-forward information that will empower them to approach their healthcare providers with the expectation of receiving individualized care and treatment for this disorder.

- Outlines the basics of congenital adrenal hyperplasia and its interrelation with hormones and bodily functions
- Presents the known cognitive and emotional aspects of the disease
- Reviews multidisciplinary management as well as post-treatment management of the disease

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## **Editorial Review**

### **About the Author**

Peter Hindmarsh is Professor of Pediatric Endocrinology at University College London and Consultant in Pediatric Endocrinology and Diabetes at University College London Hospitals and Great Ormond Street Hospital for Children. Currently, he is applying Chronic Care Models to the delivery of care for patients with Congenital Adrenal Hyperplasia. His research interests are in the physiology and pharmacology of drugs used to manage Congenital Adrenal Hyperplasia and novel ways of delivery Hydrocortisone using pump therapy to mimic the circadian rhythm.

As the parent of a young adult with Salt Wasting Congenital Adrenal Hyperplasia, Kathy Geertsma became Chair of the Congenital Adrenal Hyperplasia Parent and Support Group. She has extensive contact with parents and patients from all over the world who struggle with confirming a CAH diagnosis and getting proper treatment. As a result, she offers a unique perspective about how practitioners can better serve the needs of their patient population.

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