



Social and Informative Meeting
DOSE RIGHT - LIVE BETTER

SATURDAY 21 APRIL 2018
OPENING AT 12.00
MEETING START 12:45 PM TO 5:00 PM

Institute of Child Health
30 Guilford Street
London WC1N 1EH

PROGRAMME

- 12:00 Registration**
For anyone who wants to bring lunch and socialise before the meeting starts.
- 12:45 Meeting Start - Welcome and News**
- 13:00 What our detailed 24 hour profiles have taught us**
(Including data showing what happens when we simply increase a dose and why that might not be the correct thing to do).
- 13:30 The difference in the way hydrocortisone, prednisolone and dexamethasone work**
- 13:45 Quiz**
(A bit of fun and challenge for all).
- 14:15 Tea and the chance to meet other families**
(Jacqui Mayes who is a nutritional therapist will be available to chat to as well as adults with CAH and AI for any parents who would like to ask questions).
- 15:15 Adult experiences of living with CAH and Adrenal Insufficiency**
- 15:45 Common long term problems which occur from taking glucocorticoids and how to avoid them**
- 16:00 Are you dehydrated? Dehydration and Blood Volume**
- 16:15 Hydrocortisone and the heart and Fludrocortisone, a forgotten part of heart health**
- 16:45 Question and answer session**
(Your opportunity to ask questions).

Early booking advised as places are limited. Many of our parents have commented on how they enjoy the social aspect of these meetings so please feel free bring your own lunch and come along at 12:00, so you can socialise before the meeting starts.

*Unfortunately due to the venue layout, no children under the age of 10 are permitted. Bookings can be made through cahisusbookings@yahoo.com Please e-mail **the names of the people attending** as well as the condition you are associated with. There is no charge to attend this meeting, so come along for a great afternoon, meet others, share ideas and see exciting ground breaking data. This meeting covers all ages.*

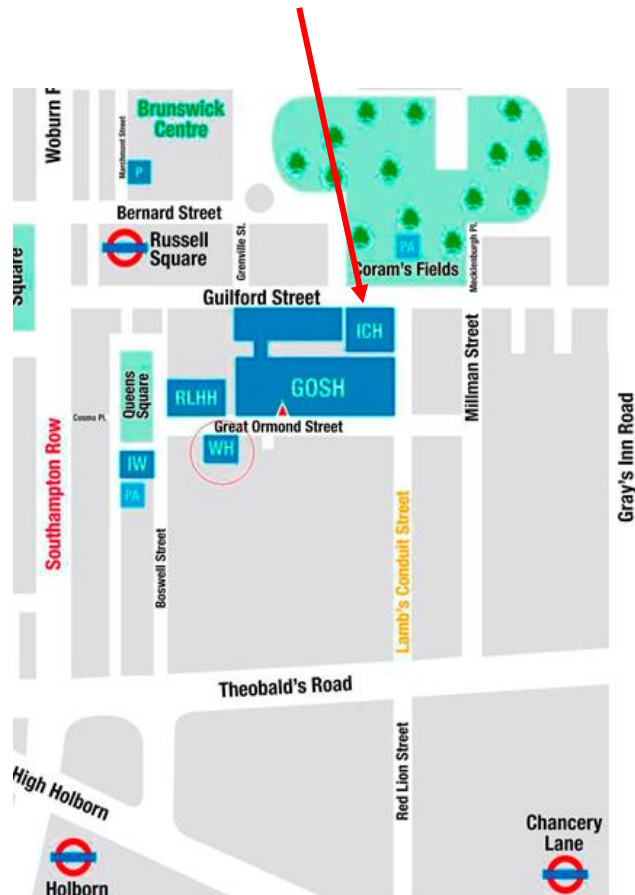
We look forward to seeing you all and thank you to all for your support and wonderful feedback from these meetings, it gives us chance to get to know patients as well as learn from them.



UCLH CAH AND ADRENAL SUPPORT GROUP
www.cahisus.co.uk

How to get to Institute of Child Health

*Entrance to Institute of Child Health
(30 Guilford Street, WC1N 1EH, London)*





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