



Sunday, August 4, 2019

Breakout Session F32 • 1:30-2:30 pm • Grand Ballroom C

The Endocrine System in CHARGE Syndrome

Meilan Rutter, MD, Cincinnati Children's Hospital Medical Center

Presenter Information

Meilan Rutter is a pediatric endocrinologist at the Cincinnati Children's Hospital Medical Center. She cares for children and adolescents with a wide spectrum of endocrine conditions, such as disorders of growth and puberty, including CHARGE syndrome. Her clinical interests include collaborating with interdisciplinary specialists as a team to provide comprehensive and integrated care for patients with complex conditions. She leads the Cincinnati Children's Differences/Disorders of Sex Development Center that provides interdisciplinary care for patients born with conditions affecting reproductive development. She serves as the endocrine consultant for the Cincinnati Comprehensive Neuromuscular Center, and has pioneered awareness of the importance of endocrine issues in patients with Duchenne Muscular Dystrophy, a neuromuscular condition. She completed her medical education in the United Kingdom, and her training in pediatrics and pediatric endocrinology in the UK, New Zealand and Cincinnati, respectively. She is currently an Associate Professor of Pediatrics, and has been a faculty member of the University of Cincinnati since 2008.

Presentation Abstract

The endocrine system is important for many functions of the body, including growth, weight gain, puberty and bone health, and for sustaining life. Endocrine issues are common in people affected by CHARGE syndrome. The most frequent of these are slow growth, and the lack of hormones needed for development of the genitals before birth and changes in the body at puberty (the lack of these hormones is called "hypogonadotropic hypogonadism"). However, many families and people affected by CHARGE syndrome may not receive proactive or optimal endocrine care, or care that is integrated with their other complex health needs. This presentation will:

- 1) provide a general overview of the endocrine system,
- 2) review the endocrine issues in children and adolescents with CHARGE syndrome, and
- 3) discuss the evaluation and options for treatment of these issues. Finally, proactively addressing endocrine needs is an important part of interdisciplinary care, and may improve health and psychosocial adjustment for people with CHARGE syndrome.

Learning Objectives

- To review the functions and importance of the endocrine system
- To recognize the endocrine issues in people affected by CHARGE syndrome
- To understand how to evaluate and treat the endocrine issues in people affected CHARGE syndrome