

How you can contribute

CDH Australia supports over 100 parents and their extended family each year. Our organisation receives no government funding; we rely heavily on donations and the passion, gratitude and commitment of our volunteers who run our board, fundraise, organise events and manage projects.

Please support our important services by making a donation or becoming a member, both of which you can do through our website. Every contribution helps.

Membership is for parents and extended family, or carers of children with CDH, and is free for the first 12 months. Thereafter an annual renewal fee will be payable for those wishing to continue their membership. Membership covers our basic administrative costs, such as printing and postage.

"I have worked with CDH Australia for nearly 15 years. During this time they have been extremely professional and supportive to people with CDH and their families as well as health professionals."

Professor Nadia Badawi AM Medical Director Grace Centre for Newborn Care The Children's Hospital at Westmead Macquarie Group Foundation Chair of Cerebral Palsy Cerebral Palsy Alliance

"As the Director of Neonatal Medicine at The Royal Children's Hospital in Melbourne I can strongly endorse the endeavours of CDH Australia. This group of committed families have provided immeasurable networking support to new parents who face this rare condition in their newborn babies."

Dr Rod Hunt FRACP, MRCP (UK), MMed, PhD Director of the Department of Neonatal Medicine The Royal Children's Hospital in Melbourne



**Supporting families and
medical professionals along
their CDH journey**

Contact Us

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Phone: 1800 149 562

www.cdh.org.au

CDH Australia

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About CDH Australia

CDH Australia is a national organisation that provides support for families, friends and medical professionals affected by congenital diaphragmatic hernia (CDH). We are a registered health promotion charity with deductible gift recipient (DGR) status and are governed by a board of directors.

We support families expecting a baby diagnosed with CDH, families caring for a child with CDH, adults with CDH and bereaved families.

We seek to minimise the social and mental health impacts for affected families.

Vision

Our vision is for no family to face congenital diaphragmatic hernia (CDH) alone.

Mission

To improve the lives of those affected by congenital diaphragmatic hernia (CDH), support and advocate for families, raise awareness and support research.

What is CDH?

Written by Dr Nadia Badawi, Consultant Neonatologist.

The diaphragm is a muscle that helps us to breathe and separates the chest cavity from the abdominal cavity. It develops in early foetal life. Congenital diaphragmatic hernia is the absence of the diaphragm or, more commonly, the presence of a defect in the diaphragm. It can occur on either the left or the right side, or be bilateral, but is most common on the left (80%).

As there is a defect in the diaphragm, the abdominal contents including the stomach, intestine, liver and spleen can be displaced into the chest cavity. CDH is usually an isolated condition, although other congenital anomalies, most commonly cardiac, may be associated and influence the prognosis.

Since these organs are in the chest cavity and not where they are supposed to be, the lungs have insufficient space to grow normally and are therefore smaller than they should be. The determinants of survival include the degree of underdevelopment/undergrowth of the lung and the supplying blood vessels with associated pulmonary hypertension, as well as the gestation of the baby.

What we offer families

We offer families support in a number of ways including:

- telephone and email support
- information booklets
- newsletters
- online forums
- parent-to-parent matching
- annual forum held in October.

We encourage everyone dealing with CDH and its many aspects to become a part of our community and access valuable peer support and information. We facilitate this support online through our website www.cdh.org.au and Facebook or by telephone on 1800 149 562.

How professionals can help CDH Australia

CDH Australia has strong partnerships with medical and healthcare professionals treating CDH around Australia. We strive to develop ways in which we can effectively work together to provide CDH education and support research into the causes and better treatments for CDH.

We regard our role in providing peer support to families as complementary to medical care. Healthcare professionals can promote our services by telling colleagues; displaying copies of our brochures in their offices, waiting rooms and NICUs; and referring families dealing with CDH to CDH Australia.

We encourage all healthcare professionals with an interest in CDH to join our online Medical Advisory Group to keep us informed on the latest practices. Please contact our President by email president@cdh.org.au for further information.

