



Dear friend,

**A worthy cause needs your help – Jaxson's Jog: a run/walk to support Children with Congenital Diaphragmatic Hernia.** Congenital Diaphragmatic Hernia (CDH for short) is a life threatening birth defect diagnosed at a rate of 1 in 2500 pregnancies. Fifty percent of children diagnosed will die. Every day four families will be devastated with the news that their child has CDH. Every six minutes a baby with CDH is born. Some startling statistics for a birth defect that hardly anyone knows about.

**So, what exactly is CDH?** In the developing fetus, the diaphragm – the muscle that separates the chest and abdominal cavities – fails to close, allowing the abdominal organs to migrate into the chest, compressing the heart and lungs. While surgery can correct the diaphragm shortly after birth, the underdeveloped lungs cannot deliver enough oxygen and a CDH newborn requires immediate high-tech respiratory support. Infants born with CDH spend an average of three months in intensive care units, although some spend many more months.

Twenty years ago in the U.S., only about one in five babies with CDH lived. Now more than half pull through, but many go home on oxygen, a feeding tube and several medications. As a mother of a CDH survivor, I know how crucial having the proper medical support at home is to providing quality care. Many parents have difficulty paying for additional medical equipment, medicine and immunizations that are not fully covered by insurance or not covered at all.

On **May 22, 2010 at 10 am**, Jaxson's Jog will be held in North Park in Allison Park, PA. All proceeds benefit Global CDH - an organization that provides support to CDH parents needing help with medical and travel expenses.

***No one knows the cause of CDH. No one knows how to prevent CDH. Hardly anyone knows what CDH is unless your loved one has been affected by it. With more awareness and continual support of parents with CDH children we can change this! Jaxson's Jog is a step towards change!***

There are lots of ways to help – register as an individual or start a team to run/walk on May 22, make an in-kind donation for the event day Chinese Auction, make a donation directly to Global CDH or any combination of the above! I have enclosed more information on how to participate. I hope you will strongly consider supporting the families and children with Congenital Diaphragmatic Hernia by participating in Jaxson's Jog!

Warm regards,

Sarah Mayer

Mother to Jaxson Isaac Mayer, born 5-19-08 with left-sided CDH  
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Enclosures