

## **Jaxson's Jog Event Spreads Word about Congenital Diaphragmatic Hernia in Pittsburgh, PA**

*Jaxson's Jog is a 5K run/walk being held on May 23 at the North Park Boathouse in Allison Park, PA*

**May 14, 2009** - [PRLog](#) -- Pittsburgh, PA – Jaxson's Jog ([www.jaxsonsjog.com](http://www.jaxsonsjog.com)) is a 5K run/walk being held on May 23 at North Park in support of children born with a common, yet virtually unknown birth defect known as congenital diaphragmatic hernia (CDH). Congenital Diaphragmatic Hernia occurs in 1 in 2000 births and carries a 50% mortality rate. Children in Pittsburgh and all over the nation are born every day with CDH yet many are unaware of this devastating birth defect.

“Spreading the word about Congenital Diaphragmatic Hernia and helping support parents coping with CDH are very important aspects of Jaxson's Jog,” said Sarah Mayer, Jaxson's Jog race organizer and mother of a CDH survivor. “The awareness level of this fatal birth defect may be low due to the fact that many of the children diagnosed with CDH die early on, either in-utero or shortly after birth. While CDH can be fatal, many children fight and survive. Their ongoing battle is an often untold story well worth sharing. More awareness is necessary in order to fuel more research and bring a greater understanding to this often fatal defect.”

Many Pittsburgh region families have faced a CDH diagnosis. Several families will be at Jaxson's Jog to celebrate either a CDH survivor or to remember a CDH angel. Race proceeds from Jaxson's Jog benefit Global CDH, an organization assisting families that will experience the financial and psychological challenges associated with CDH before, during, and after birth.

### About Congenital Diaphragmatic Hernia

A congenital diaphragmatic hernia birth defect occurs in 1 in 2,000 live births in the United States and accounts for 8% of all major congenital anomalies. With the rate of live births in the United States at 4,115,590 in 2004, this translates to approximately 1,800 live births with the congenital diaphragmatic hernia birth defect.

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. Long term issues of CDH can include feeding problems, respiratory issues, and developmental delays.

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