# Endocrinology Associates Adds CAH Treatment to Columbus Clinic Services

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COLUMBUS, OH - October 09, 2025 -
Endocrinology Associates, a leading specialty practice in Columbus, has announced the addition of a new service line dedicated to Congenital Adrenal Hyperplasia (CAH), a genetic condition that impacts the body?s ability to produce certain essential hormones. By expanding its scope of treatment to address CAH, the clinic is reinforcing its reputation as a trusted partner in comprehensive endocrine care. Patients who have struggled with limited therapy options can now access advanced, patient-centered solutions under the guidance of practice owner and nationally recognized endocrinologist Dr. Elena Christofides. 7

?As an adrenal hormone specialist, I often meet patients who feel as though their condition holds them back from fully living their lives,? said Dr. Christofides. ?Traditional therapies for CAH can sometimes feel restrictive, and patients may hesitate to pursue their goals out of concern that their treatment cannot keep pace. Our expanded services are designed to give patients greater flexibility and confidence in their care, so they can pursue the life they envision ? without feeling constrained by their condition.?

CAH is a rare but serious inherited disorder of the adrenal glands, affecting the body?s ability to regulate cortisol and other vital hormones. For patients, that can mean ongoing health challenges, including impaired stress response, growth complications, and reproductive concerns. Endocrinology Associates? new service approach emphasizes individualized care plans that adapt to each patient?s lifestyle and medical needs, ensuring both clinical precision and improved quality of life.

Endocrinology Associates has always taken pride in offering tailored treatment strategies for complex and chronic endocrine conditions. Their new CAH services continue that tradition by incorporating the latest research, pharmaceutical options, and personalized monitoring to improve patient outcomes. Whether a patient has classic or non-classic CAH, the clinic?s treatment approach accounts for a wide range of symptoms and challenges ? from managing abnormal hormone levels to supporting long-term wellness goals like fertility and bone health.

The CAH program was developed in direct response to gaps in care that many patients face, particularly in

adult medicine. While CAH is typically diagnosed in infancy or early childhood, long-term management into adulthood remains inconsistent across many healthcare systems. Dr. Christofides and her team recognized this unmet need and built a program that could provide continuity of care, combining clinical expertise with a deep understanding of the day-to-day struggles faced by patients managing hormone imbalances.

?Too many adult patients with CAH feel forgotten once they age out of pediatric care,? said Dr. Christofides. ?That?s not acceptable ? and we?re changing that. Our team is committed to bridging the care gap and making sure every patient has a plan that works for them in adulthood. With the right combination of medications, regular follow-up, and patient education, people with CAH can live healthy, dynamic lives.?

Located in the heart of Columbus, Endocrinology Associates serves adult patients from across Ohio and surrounding states. Their clinic is equipped with state-of-the-art diagnostic tools and a seasoned clinical staff who are trained in endocrine hormone disorders. This new CAH service is an extension of their longstanding mission: to ensure patients feel empowered, informed, and actively supported as they navigate their health journeys.

Endocrinology Associates is now scheduling appointments for CAH evaluation and treatment. Patients can call (614) 220-4700 or visit www.endocrinology-associates.com to learn more or book a consultation.

About Endocrinology Associates

Endocrinology Associates is an adults-only specialty clinic run by Dr. Elena Christofides. She is an expert endocrinologist and medical researcher recognized for her expertise helping patients manage a variety of conditions, including diabetes, weight management, osteoporosis, hypertension, pituitary disorders, male and female hormone replacement, infertility, and more. Under her guidance, the highly experienced staff at Endocrinology Associates have made a name for themselves for offering extremely customized and comprehensive care to their patients, and for solving difficult referral cases. Metabolism affects everything you do ? and Endocrinology Associates is the manual that will help explain the difficult and complex machine that is your body.

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For more information about Endocrinology Associates, contact the company here:Endocrinology AssociatesDr. Elena Christofides(614) 802-6162Christofides@endocrinology-associates.com72 W 3rd Ave #3209 Columbus, OH 43201

# Endocrinology Associates

Website: https://endocrinology-associates.com/

Email: Christofides@endocrinology-associates.com

Phone: (614) 802-6162