

## S A N D R A B I L L I N G S

Sandra Billings became involved with the Congenital Adrenal Hyperplasia (CAH) community after her third son, Jackson, was diagnosed with Simple Virilizing CAH (SVCAH) in 2001. The initial newborn screen tested positive for Salt Wasting CAH (SWCAH). However, not entirely convinced, she sought help from renowned pediatric and adult endocrinologist Dr. Maria I. New, Professor of Pediatrics at the Mount Sinai School of Medicine in New York. Dr. New is credited for scientific breakthroughs in the study of CAH.

DNA tests proved both Ms. Billings and her husband were carriers of CAH. It was also diagnosed that her son Jackson had SVCAH instead of SWCAH, which was the original diagnosis from the initial newborn screening.

Two years later, Ms. Billings gave birth to another baby, Nolan, who also was diagnosed with CAH. Ms. Billings' determination to seek the proper help, which required repeated visits to New York with her 3-month child, Jackson, better prepared her to handle Nolan's case two years later.

Ms. Billings has authored and contributed articles to the CAH Organization of Texas (CAHOOT) newsletter, which is published by the Texas Department of State Health Services. The newsletter is designed to increase understanding among parents of children with CAH, physicians, and the public.

She has been actively involved with the CARES (Congenital Adrenal hyperplasia Research, Education and Support) Foundation, Incorporated. She has served as a board member and on their research committee to find new and better treatments and she has also organized fund raisers to support the CARES Foundation.

Currently, Ms. Billings is a CARES Foundation support group contact for the Texas area, providing assistance and encouragement to parents who have just learned about their newborn's CAH diagnosis.

She lives in Houston, Texas with her husband of 15 years, Scott Billings, and their four sons, Braedon, 13; Rylan, 9; Jackson, 6; and Nolan, 4. At present, she is a stay-at-home mom working part-time in real estate. She would like to return to the workforce full-time when Nolan enters kindergarten and eventually open a real estate office with plans to expand it into a franchise.