

Help us create a video library of the HI Types!

We are hoping to create a video library, including a compilation video for our upcoming conference, that includes short videos featuring all types of HI! We want to make sure as many different types and experiences are represented. We are hoping to hear from individuals or parents whose children have the following types of HI:

- Diazoxide Responsive Negative Genetics Diffuse
- ABCC8/KCNJ11 Non Diazoxide Responsive
- ABCC8/KCNJ11 Diazoxide Responsive
- HIHA
- GCK HI
- Focal HI
- HNF1a and 4a Defects
- MCT-1 HI
- SCHAD-HI
- UCP-2 HI
- Kabuki Syndrome
- Turner's Syndrome
- Beckwith Weidemann Syndrome
- Sotos Syndrome
- Rubenstein Taybi Syndrome
- HI -> Ketotic Hypoglycemia
- HI -> Diabetes
- Unknown Type

We would like you to film a short video (2 minutes or less) that covers the following:

- Introduce yourself (First name, age, where you live)
- What type of HI do you have?
- How long did it take you to get diagnosed?
- What is your treatment?
- Does it work?
- Do you need a better treatment?
- Do you still have lows?
- What is one thing about your type of HI you want others in the HI community to know?

Here are some tips to film the video:

- Hold your smartphone **horizontally (landscape, not portrait!)** to record the video
- Film at eye level or slightly above, never below
- Make sure light/sun is facing you or slightly beside you, not behind
- Feel free to use a tripod or stable surface to avoid shaking during filming
- Try to find a natural or non-distracting background
- If possible, leave some space between you and your background
- Center yourself in the frame as much as possible and allow headroom (space between you and the top of the frame)

Once you have completed your submission, please send your completed video to jpelle@congenitalhi.org.