

## Fast Facts

### Cystic Fibrosis

- An inherited disorder caused by a genetic mutation of the cystic fibrosis transmembrane conductance regulator (CFTR) gene
- Defect results in changes in a protein that regulates the movement of salt in and out of cells
  - There are many different types, which are associated with the severity of the condition
- Causes bodily secretions to become sticky and thick instead of acting as natural lubricants
  - Two main areas affected by this are the lungs and digestive system

<i><b>Symptoms</b></i>	<i><b>Treatment</b></i>	<i><b>Prevention</b></i>
<p><i>Respiratory:</i></p> <ul style="list-style-type: none"> <li>-A persistent cough that produces thick mucus (sputum)</li> <li>-Wheezing</li> <li>-Exercise intolerance</li> <li>-Repeated lung infections</li> <li>-Inflamed nasal passages or a stuffy nose</li> <li>-Recurrent sinusitis</li> </ul> <p><i>Digestive:</i></p> <ul style="list-style-type: none"> <li>-Foul-smelling, greasy stools</li> <li>-Poor weight gain and growth</li> <li>-Intestinal blockage, particularly in newborns (meconium ileus)</li> <li>-Chronic or severe constipation, eventually causing part of the rectum to protrude outside the anus (rectal prolapse)</li> </ul>	<p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Antibiotics</li> <li>-Anti-inflammatories</li> <li>-Mucus-thinning agents</li> <li>-Inhalers</li> <li>-Oral pancreatic enzymes</li> <li>-Stool softeners</li> <li>-Acid-reducers</li> <li>-Specific drugs for diabetes or liver disease</li> </ul> <p><i>Respiratory:</i></p> <ul style="list-style-type: none"> <li>-Airway clearance techniques</li> <li>-Oxygen therapy</li> <li>-Nasal/sinus surgery</li> <li>-Noninvasive ventilation</li> <li>-Lung transplant</li> </ul> <p><i>Digestive:</i></p> <ul style="list-style-type: none"> <li>-Pancreatic enzymes with every meal/snack</li> <li>-Eat extra fiber</li> <li>-Consume special fat-soluble vitamins</li> <li>-Ingest supplemental high-calorie products</li> <li>-Drink large amounts of water</li> <li>-Add salt to diet (especially in hot weather or before exercising)</li> <li>-Feeding tube (temporary or permanent)</li> <li>-Surgical removal of intestinal blockage</li> <li>-Liver transplant</li> </ul> <p><i>Other:</i></p> <ul style="list-style-type: none"> <li>-Vaccinations up to date</li> </ul>	<ul style="list-style-type: none"> <li>-None to prevent condition</li> <li>-Prevent complications by managing disease</li> </ul>

	<ul style="list-style-type: none"><li>-Practice good hand hygiene by washing them frequently and thoroughly</li><li>-Exercise regularly</li><li>-Don't smoke or be around those who smoke</li><li>-Join a support group or seek professional help</li><li>-Spend time with family and friends</li></ul>	
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