Cystic Fibrosis

Student Name:	DOB:
Parent Name:	Number:
Practitioner Name:	Practitioner Number:
Allergies:	Medication:

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Overview

Cystic fibrosis is a progressive, genetic disease that affects the lungs, pancreas, and other organs.

There are close to 40,000 children and adults living with cystic fibrosis in the United States (and an estimated 105,000 people have been diagnosed with CF across 94 countries), and CF can affect people of every racial and ethnic group.

In people with CF, mutations in the cystic fibrosis transmembrane conductance regulator (CFTR) gene cause the CFTR protein to become dysfunctional. When the protein is not working correctly, it's unable to help move chloride — a component of salt — to the cell surface. Without the chloride to attract water to the cell surface, the mucus in various organs becomes thick and sticky.

In the lungs, the mucus clogs the airways and traps germs, like bacteria, leading to infections, inflammation, respiratory failure, and other complications. For this reason, avoiding germs is a top concern for people with CF.

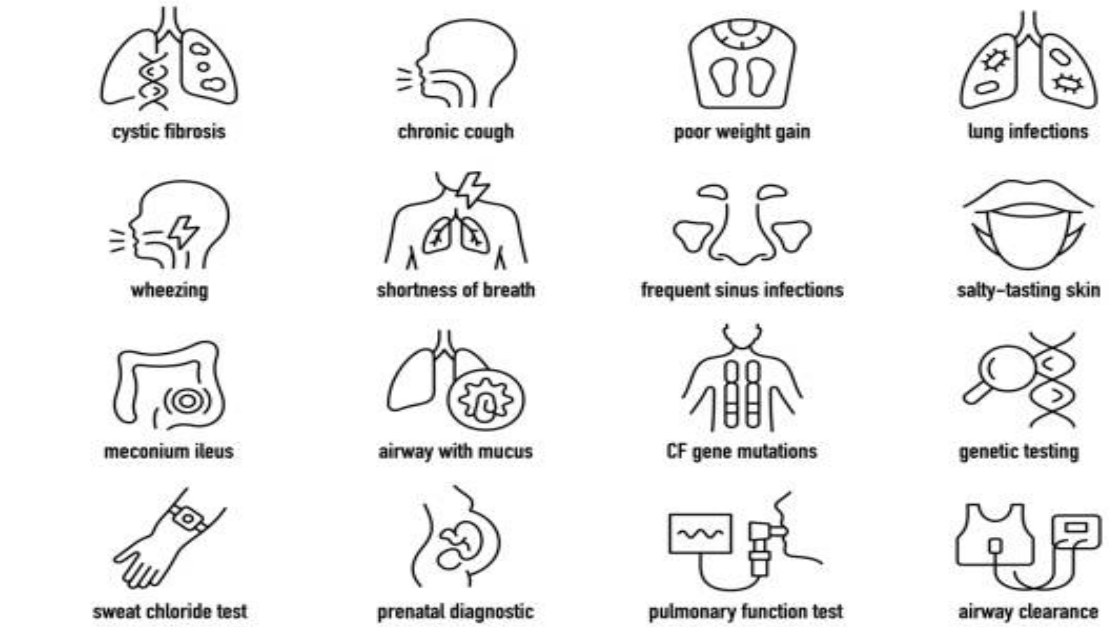
In the pancreas, the buildup of mucus prevents the release of digestive enzymes that help the body absorb food and key nutrients, resulting in malnutrition and poor growth. In the liver, the thick mucus can block the bile duct, causing liver disease. In men, CF can affect their ability to have children. (*About Cystic Fibrosis*, n.d.)

Symptoms

People with CF can have a variety of symptoms, including:

- Very salty-tasting skin
- Persistent coughing, at times with phlegm
- Frequent lung infections including pneumonia or bronchitis
- Wheezing or shortness of breath
- Poor growth or weight gain in spite of a good appetite
- Frequent greasy, bulky stools or difficulty with bowel movements
- Nasal polyps
- Chronic sinus infections
- Clubbing or enlargement of the fingertips and toes
- Rectal prolapse (*About Cystic Fibrosis*, n.d.)

Accommodations:



(Ryabintsev, 2022)

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Reference

About Cystic Fibrosis. (n.d.). Cystic Fibrosis Foundation. https://www.cff.org/intro-cf/about-cystic-fibrosis

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