# CYSTIC FIBROSIS

## What is Cystic Fibrosis?

CF is a life-threatening disease that causes thick, sticky mucus to accumulate in the lungs, digestive tract, and other parts of the body. It is one of the most common chronic lung diseases in children and young adults.

## Symptoms

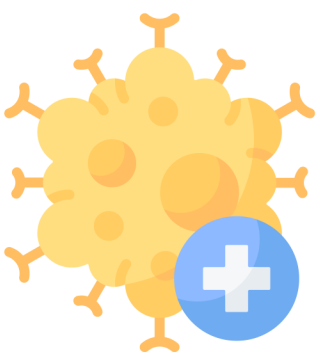
- Salty-tasting skin.
- Persistent cough with phlegm.
- Frequent lung infections (pneumonia or bronchitis).
- Wheezing or shortness of breath.
- Poor growth or weight gain despite good appetite.
- Frequent greasy stools or bowel movement issues.

## Treatments

- Antibiotics to prevent and treat chest infections.
- Medications to thin lung mucus for easier coughing.
- Medicines to widen airways and reduce inflammation.
- Techniques and devices to help clear lung mucus.

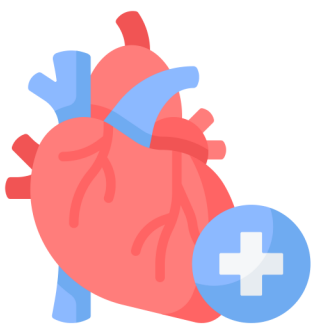
## How to diagnose CF

The sweat chloride test diagnoses CF by measuring salt levels in sweat, which are significantly higher in CF patients. A high chloride level confirms the disease.



## Can CF be prevented?

Unfortunately, CF cannot be cured or prevented at this time. In babies with two abnormal CF genes, the disease affects the pancreas and liver at birth, but lung issues develop later. Gene therapy may one day prevent lung disease.



## Interesting facts

- CF carriers are more at risk of severe COVID-19
- There are approximately 70 thousand people worldwide with CF
- CF was first identified by a woman

**~70,000**

Rare Care