Cystic Fibrosis

By: Katina Danae Lucero

01

WHAT IS CYSTIC FIBROSIS?

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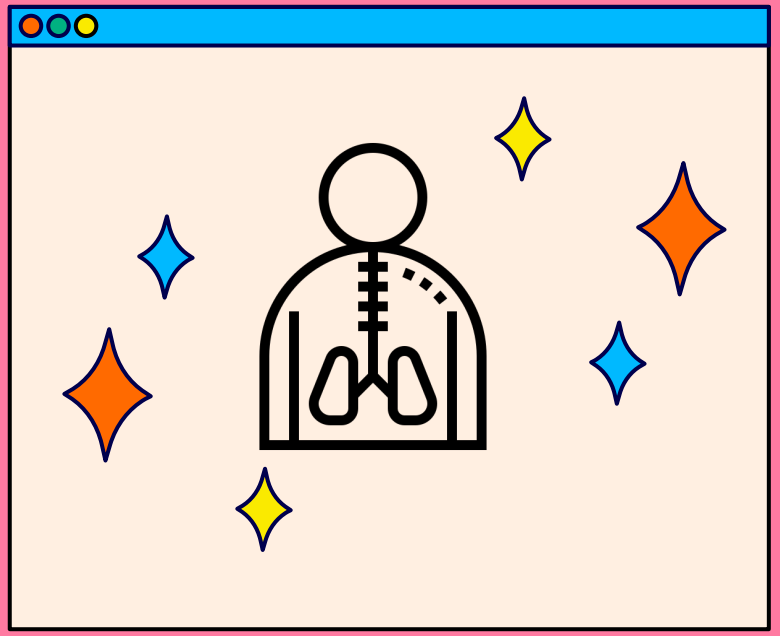

this is a genetic disease that causes nonstop lung infections and it limits the ability to breathe.

It also affects the digestive system.

CF (Cystic Fibrosis) causes the body to produce very think and sticky mucus that clog the lungs.

DID YOU KNOW?

FUN FACTS ABOUT CF:

- About 30,000 people in the United States have cystic fibrosis.
- The disease affects about 1 in 2,500 to 3,500 white newborns.
- It affects about 1 in 17,000 African-Americans and 1 in 100,000 Asian-Americans.

https://www.healthline.com/health/cystic-fibrosis-facts

02

WHAT ORGANS OR PARTS ARE AFFECTED?

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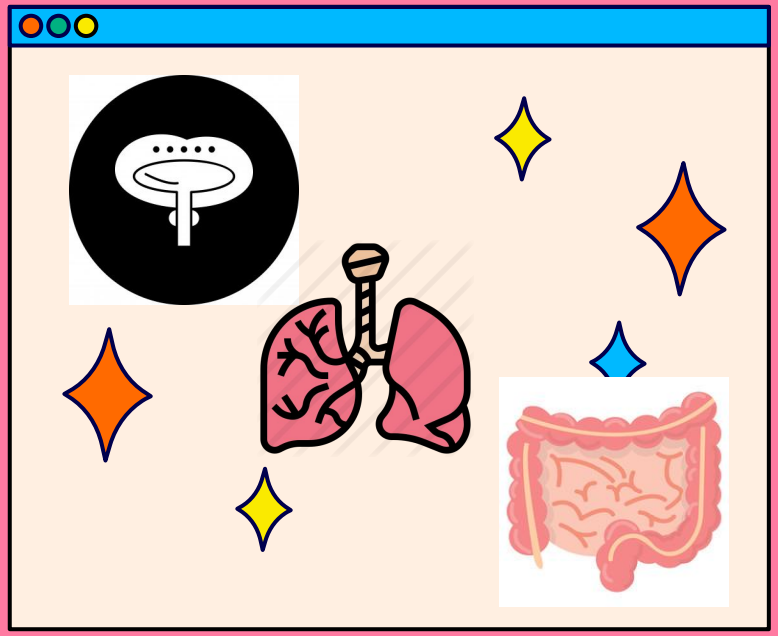
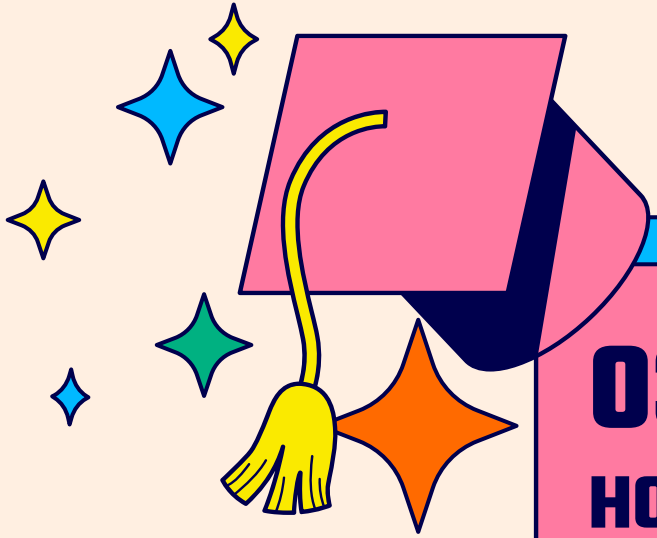


The body parts/organs affected are the exocrine glands, which are organs that produce mucus.

The parts of the body most affected by cystic fibrosis are the sweat glands, respiratory system, digestive system and reproductive system. Fortunately, Cystic fibrosis does not affect the brain and nervous system.

https://www.uwhealthkids.org/cf-center/parts-of-the-body-affected-by-cystic-fibrosis-cf/34317



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HOW DOES IT AFFECT THE ORGANS/PARTS OF THE BODY?

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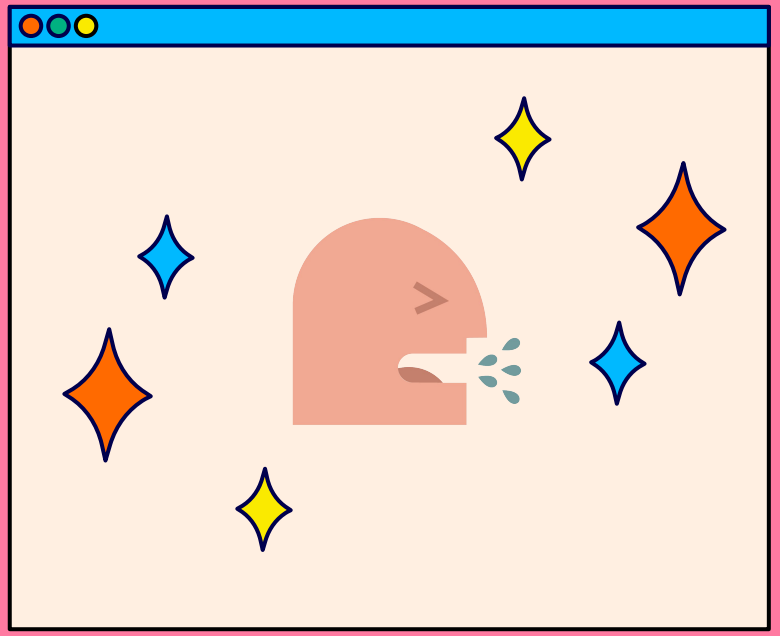
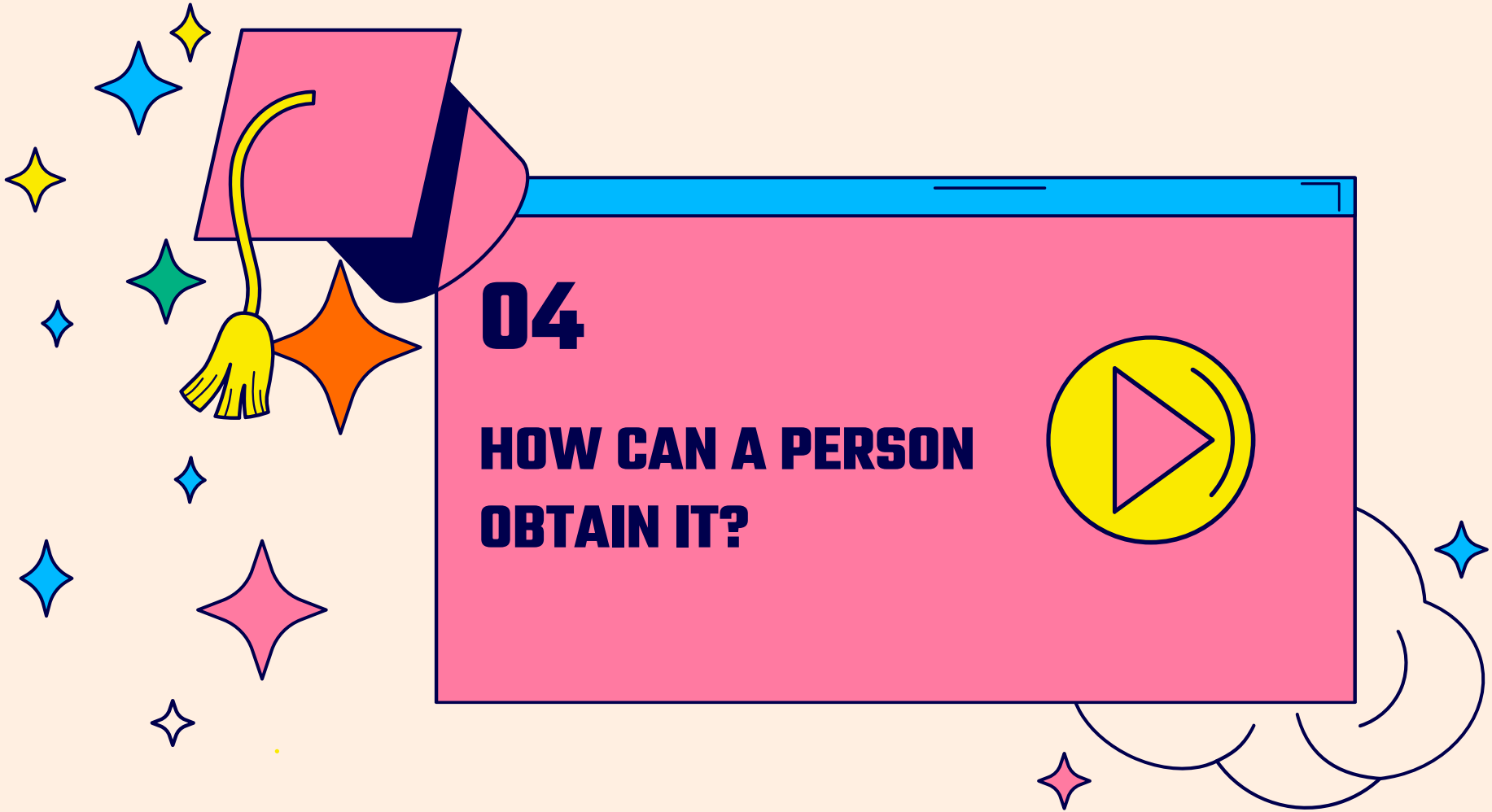


With cystic fibrosis, the mucus in the exocrine glands is thick and sticky. This unusually thick mucus interferes with the normal functioning of certain body systems.

The condition is caused by a genetic mutation that means cells in the human body are unable to move salt and water around effectively. This results in a build-up of thick mucus in the lungs and digestive system, as well as a number of other effects.

https://www.uwhealthkids.org/cf-center/parts-of-the-body-affected-by-cystic-fibrosis-cf/34317

https://www.cysticfibrosis.org.uk/what-is-cystic-fibrosis/how-does-cystic-fibrosis-affect-the-body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HOW CAN A PERSON OBTAIN IT?

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- Cystic fibrosis is caused by a change, or mutation, in a gene called CFTR (cystic fibrosis transmembrane conductance regulator). This gene controls the flow of salt and fluids in and out of your cells. If the CFTR gene doesn't work the way it should, a sticky mucus builds up in your body.
- To get CF, you have to inherit the mutated copy of the gene from both of your parents. Ninety percent of those with affected have at least one copy of the F508del mutation.
- If you inherit only one copy, you won't have any symptoms, but you will be a carrier of the disease. That means there's a chance you could pass it to your children.

https://www.webmd.com/children/what-is-cystic-fibrosis#1

05

HOW CAN IT BE DETECTED?

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The thick and sticky mucus associated with cystic fibrosis clogs the tubes that carry air in and out of your lungs. This can cause signs and symptoms such as:

- A persistent cough that produces thick mucus (sputum)
- Wheezing
- Exercise intolerance
- Repeated lung infections
- Inflamed nasal passages or a stuffy nose
- Recurrent sinusitis

https://www.mayoclinic.org/diseases-conditions/cystic-fibrosis/symptoms-causes/syc-20353700

06

HOW CAN IT BE PREVENTED?

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Sadly, this cannot be prevented.

genetic testing should be performed for couples who have cystic fibrosis or who have relatives with the disease.

Genetic testing can determine a child's risk for cystic fibrosis by testing samples of blood or saliva from each parent.

https://www.healthline.com/health/cystic-fibrosis#prevention

07

HOW CAN IT BE TREATED?

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Unfortunately, there is no cure for Cystic Fibrosis but there is a treatment that can ease symptoms, reduce complications and improve quality of life. Close monitoring and early, aggressive intervention is recommended to slow the progression of CF, which can lead to a longer life.

The goals of treatment include:

- Preventing and controlling infections that occur in the lungs
- Removing and loosening mucus from the lungs
- Treating and preventing intestinal blockage
- Providing adequate nutrition

THANKS FOR READING! HOPEFULLY THIS HAS INFORMED YOU ABOUT CYSTIC FIBROSIS! :)