

HELLO

Student name:

UNDERSTANDING CYSTIC FIBROSIS

For Teachers of Students With Cystic Fibrosis (CF)



Learn about CF and how it impacts different parts
of the body.

CF AND ITS CAUSES

Cystic fibrosis (CF) is a rare genetic disease that's typically diagnosed at birth. CF occurs when a child inherits 2 abnormal copies of a specific gene called the cystic fibrosis transmembrane conductance regulator (*CFTR*) gene, one from each parent.

CF causes a buildup of sticky mucus in different organ systems of the body. It mainly affects the lungs and digestive system, where the mucus can lead to severe respiratory problems and make it difficult to digest and absorb nutrients from food. People with CF are also more vulnerable to getting sick because the buildup of thick, sticky mucus traps bacteria and can lead to infections.

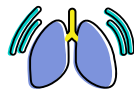
People with CF experience a variety of symptoms and may require many different medications to help manage their condition.

COMMON SYMPTOMS OF CF



- Constant cough with thick mucus production

- Wheezing



- Shortness of breath



- Frequent chest infections (including pneumonia)

- Bowel disturbances (eg, constipation or frequent stools)



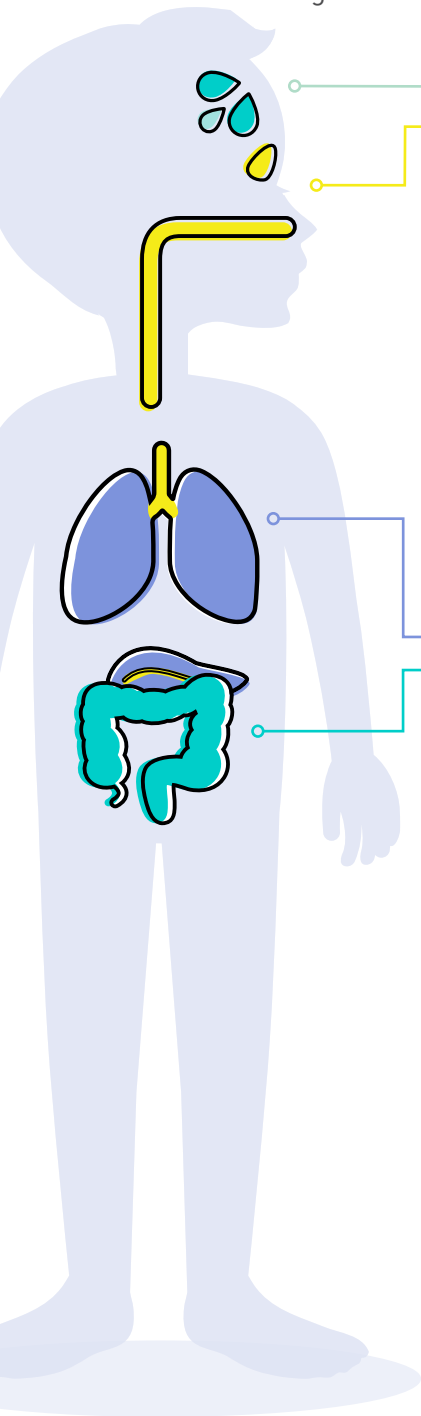
- Weight loss or failure to gain weight

How CF impacts the body



HOW CF IMPACTS THE BODY

This illustration shows how CF affects different parts of the body and provides some additional symptoms and behaviors you might notice during a student's time at school. Your student's parent or caregiver can provide further guidance on any needed accommodations.



SWEAT GLANDS

Did you know?

People with CF lose more salt than normal when they sweat. Losing too much salt can lead to dehydration. Some people with CF may experience:

- Fatigue
- Muscle cramps

SINUSES

Did you know?

Bacteria can get trapped in the sticky mucus and cause sinus infections. Some people with CF may experience:

- Headaches
- Thick nasal secretions

LUNGS

Did you know?

CF causes mucus in the lungs to be thick and sticky, and very difficult to clear. Some people with CF may experience:

- Coughing, which helps to clear lungs
- Shortness of breath

GASTROINTESTINAL TRACT & PANCREAS

Did you know?

Thick fluids block passages in the pancreas that release enzymes. This makes it difficult to digest food and absorb nutrients. Some people with CF may experience:

- Discomfort or pain in the abdomen
- Gas or bloating

What to keep in mind as an educator



WHAT TO KEEP IN MIND AS AN EDUCATOR

- Provide the student's parent and/or caregiver with the appropriate medication forms if required by your school
- Share necessary homework with a student if he or she needs to miss school time because of a hospital visit or treatment
- If another student with cystic fibrosis (CF) is currently attending your school, please let the student's parent and/or caregiver know, so they can make necessary arrangements
 - Medical studies show that people with CF are at particular risk of spreading certain germs among others with CF

GET TO KNOW YOUR STUDENT WITH CF

Favorite activities: _____

Additional notes & considerations: _____



For more information on CF and age-specific caregiving advice, visit [CFSource.com/caregiving-for-cf](https://www.cffsource.com/caregiving-for-cf).



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