

CF BEHIND THE SCENES WITH EUGENE

PROGRESSION IN THE LUNGS

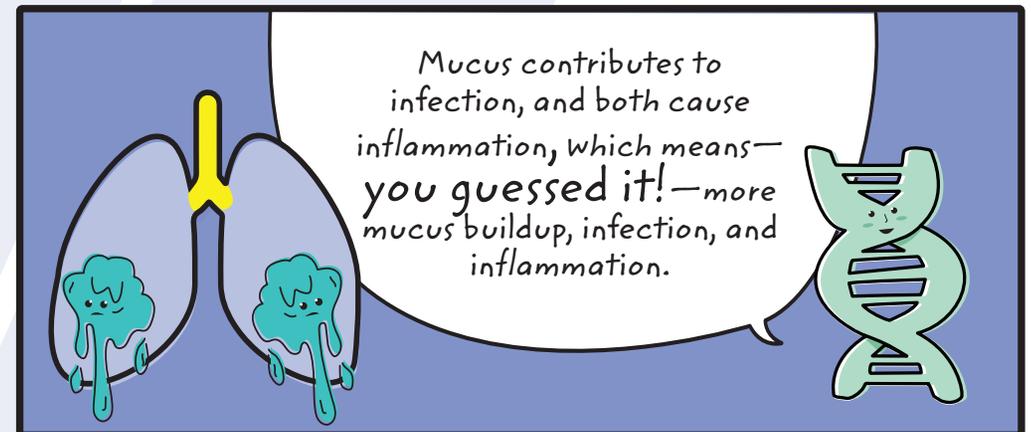
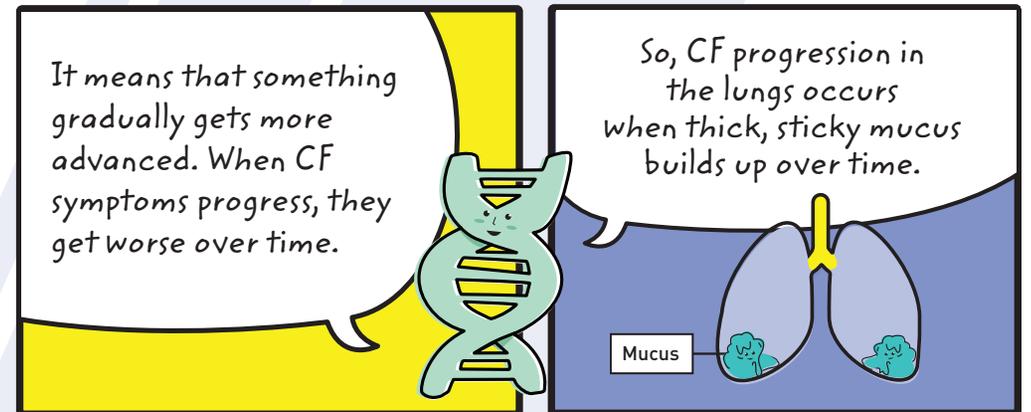
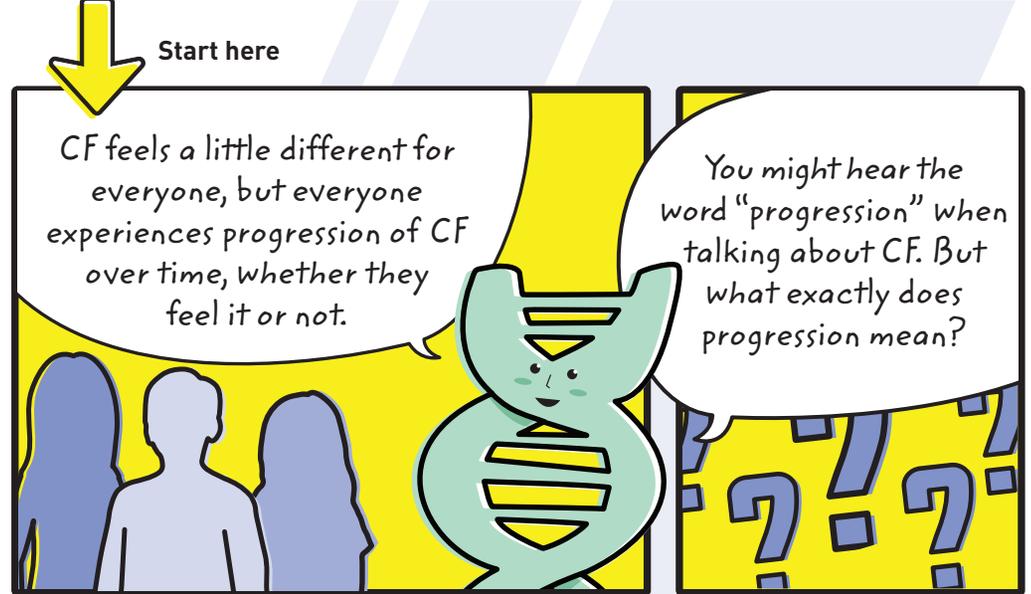
Welcome back
to *CF Behind the Scenes* with me, Eugene!

In the first edition of *CF Behind the Scenes*, we talked about what causes cystic fibrosis (CF) and how it impacts the body. If you haven't read that one yet, take a look.

Now, let's find out how CF progresses in the lungs.



**Eugene
THE GENE**



So many medical terms, so little time! Let's break them down.

Eugle

MUCUS: Mucus is more than just the stuff in your nose and throat when you have a cold. It actually has a very important job. It helps to moisten, coat, and protect the insides of many parts of the body, like the lungs.

INFECTION: This is when teeny, tiny organisms, like bacteria, invade a part of your body and multiply. Bacteria can be good or bad depending upon where and when they grow. When they grow where they are not supposed to, you can get an infection. Today, we're talking about infection in the lungs.

INFLAMMATION: A reaction from the body's immune system as it fights infection. When inflammation happens in the lungs, it can narrow the airways, which can make it harder to breathe and move mucus out of the lungs.

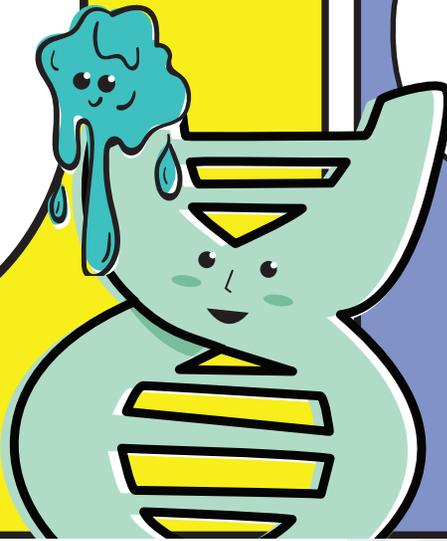
DID YOU KNOW?

The lungs aren't the only organs in the body that can experience mucus buildup. But we'll save that for another edition of CF Behind the Scenes!

Work with your parents and your healthcare team to learn everything you can about CF progression, like which symptoms to watch out for.

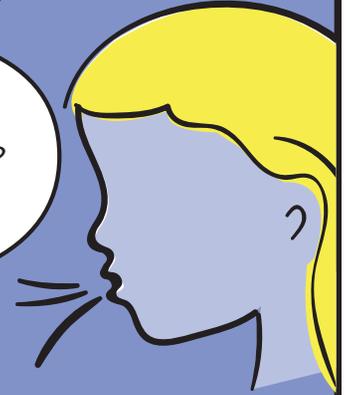


Now let's talk about pulmonary exacerbations. Most people with CF are familiar with pulmonary exacerbations as periods of time when symptoms get more severe and/or breathing tests get worse.

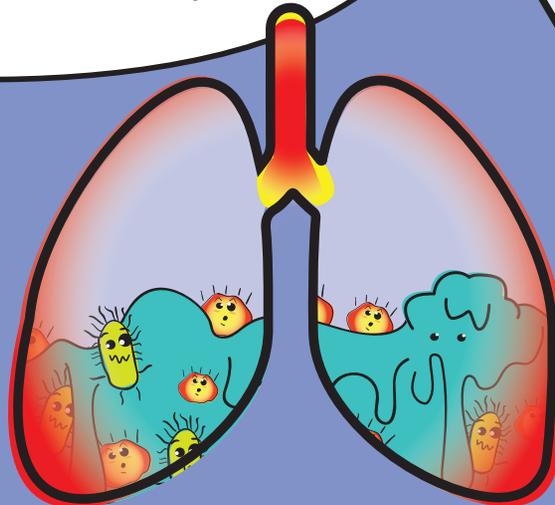
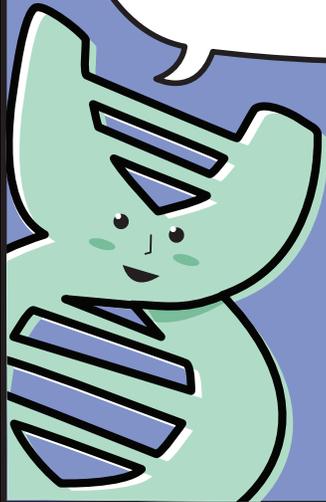


When you are having an exacerbation, it can be harder to breathe, and you might cough more.

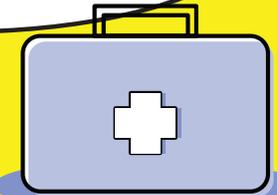
This is because your lungs are working hard to clear your airways of all that mucus.



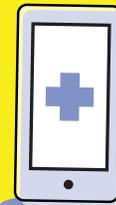
Symptoms like mucus buildup, infection, and inflammation get more severe during pulmonary exacerbations. This may cause permanent lung damage that can speed up CF progression in the lungs.



If you have a pulmonary exacerbation, you may need special antibiotics or a hospital visit.



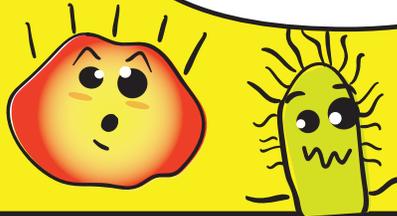
So if you or your parents notice that symptoms are getting worse, call your healthcare team right away.



UP NEXT:
BRONCHIECTASIS.



The inflammation caused by clogged mucus and bacteria can damage the airways.



This can lead to a condition called **bronchiectasis**, which can lead to a loss of lung function over time.



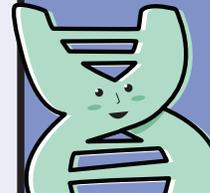
Bronchi-what? Let's sound it out:

BRONG-
KE-EK-TA-SIS

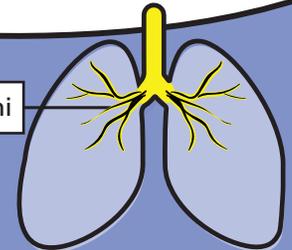


Hold up! What's lung function? Lung function means how well the lungs work to help you breathe.

The lungs have airway passages, which are like tubes that allow air to get in and out. These airway passages are called **bronchi**.

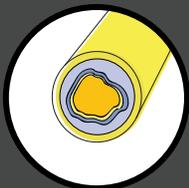


Bronchi

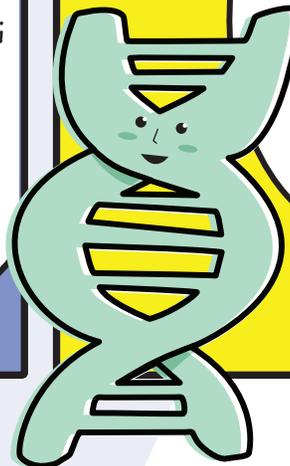


Healthy Bronchi

Bronchiectasis



Bronchiectasis is a condition where the bronchi become scarred and floppy until they get bigger. When airways change shape like this, it's harder to clear mucus out and breathe.



Almost everyone who has CF develops bronchiectasis. If it goes untreated, it can lead to loss of lung function over time.



DID YOU KNOW?

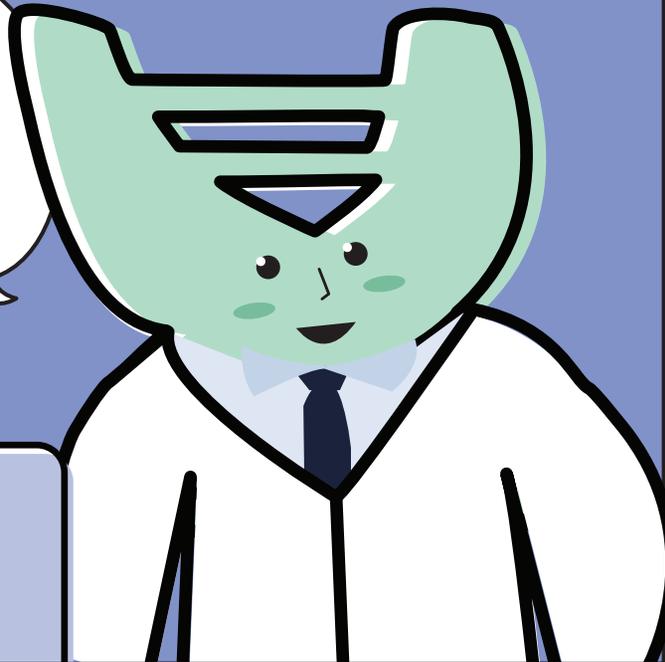
Starting from a young age, people who have CF may start to lose a little bit of lung function each year.

In addition to bronchiectasis, you might have other lung conditions, too. One of the most common is asthma.

Because CF and asthma symptoms are so similar, it's not always easy to tell if you have asthma.



Your healthcare team may know if your symptoms are from CF or from something else like asthma.



If you notice a change in your symptoms—no matter how small it may seem—please speak up!

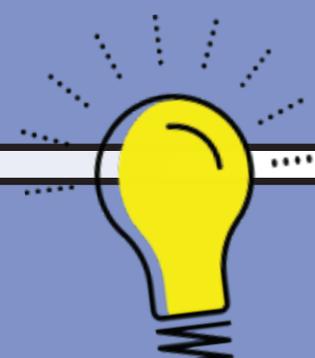


FOCUS ON YOUR LUNGS

At your next appointment, plan to have a “lungs” conversation with your parents and healthcare team.

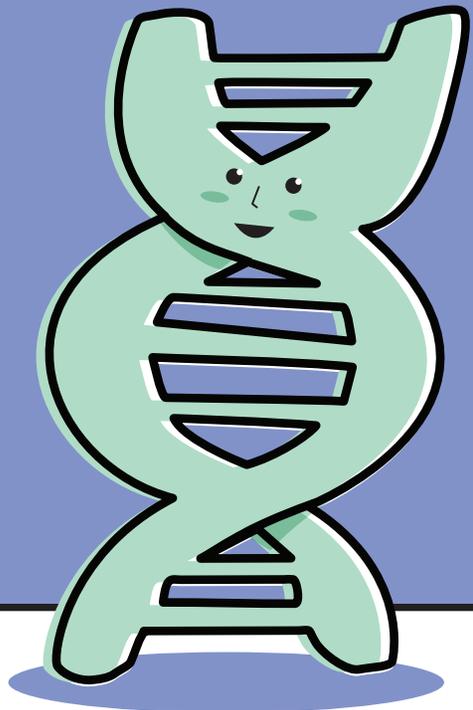


Want to learn even more about progression of CF in the lungs? Your caregiver and your healthcare team can help!



EUGENE'S BIG IDEAS

- CF affects the lungs. The damage over time is called progression
- Pulmonary exacerbations are when CF symptoms in the lungs get worse. This can speed up progression of CF and can cause permanent lung damage. You may need special antibiotics
- Bronchiectasis is when the airway walls eventually become scarred and floppy, making it difficult to breathe and clear mucus. If it's not treated, it can lead to loss of lung function over time
- Check in regularly with your parents and your healthcare team so you can keep an eye on your symptoms together!



Visit [CFSource.com](https://www.cfsource.com) for more videos and resources on CF progression, both in the lungs and throughout the body