

## **Cystic Fibrosis Handout**

The following materials are available on the Cystic Fibrosis Foundation website:

<https://www.cff.org/What-is-CF/About-Cystic-Fibrosis/>

### **Ex. 1 How Cystic Fibrosis Affects the Lungs**

Watch and listen to the video and answer the following questions.

[https://www.youtube.com/watch?v=omkp2VJTE3c&ab\\_channel=CysticFibrosisFoundation](https://www.youtube.com/watch?v=omkp2VJTE3c&ab_channel=CysticFibrosisFoundation)

- 1) What is the normal function of mucus in the airways?
- 2) How is mucus removed from the airways?
- 3) How is mucus removal prevented in Cystic Fibrosis?
- 4) What are the typical symptoms of acute exacerbation and what causes them?

### **Ex. 2 How CF Affects the Body**

Watch and listen to the video and answer the following questions.

[https://www.youtube.com/watch?v=fXuz0bF20t8&ab\\_channel=CysticFibrosisFoundation](https://www.youtube.com/watch?v=fXuz0bF20t8&ab_channel=CysticFibrosisFoundation)

- 1) Is it possible to have few or no symptoms of CF?
- 2) What other organs are affected by CF and how?
- 3) How are families prepared for respiratory care?
- 4) Is knowing one therapeutic technique enough to combat the effects of CF?
- 5) Can people suffering from CF digest food properly?
- 6) what kind of diet is encouraged in CF? Why?
- 7) How much more nutrients do people suffering from CF require?
- 8) What kinds of foods allow people suffering from CF to achieve their dietary requirements?
- 9) Are vitamins important in CF nutrition?
- 10) Is diabetes a risk in CF?
- 11) Does CF affect fertility?

### **Ex. 3 Adult Life with CF**

Watch and listen to the video and answer the following questions.

[https://www.youtube.com/watch?v=AET-dQgdZdc&t=334s&ab\\_channel=CysticFibrosisFoundation](https://www.youtube.com/watch?v=AET-dQgdZdc&t=334s&ab_channel=CysticFibrosisFoundation)

- 1) Is it possible for people suffering from CF to have a long and fulfilling life?
- 2) Is it possible to be athletically active with CF?
- 3) What should a person suffering from CF consider before going to college?
- 4) What should a person suffering from CF consider before planning their career?
- 5) Opinion: Why do you think it might be challenging for some people to open up about CF?

### **Ex. 4 Extra task for extra points.**

Choose one of the following topics on the website:

- 1) What is Cystic Fibrosis?
- 2) Diagnosis and genetics.
- 3) What to expect? Living with CF.
- 4) Treatments.
- 5) Research.

Watch the videos (when necessary), read the material on the website, broaden your knowledge with additional sources (such as journals, medical websites, testimonies etc.).

Prepare a short summary of what you have learnt. 1-3 minutes in time. Don't just read the material from the website! Paraphrase and prepare your own summary.