

## **Cystic Fibrosis Handout**

### **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. Which organs are primarily affected by CF?
2. What is the normal function of mucus in the airways?
3. How is mucus removed from the airways?
4. How is mucus removal prevented in Cystic Fibrosis?
5. What are the typical symptoms of acute exacerbation and what causes them?
6. What causes chronic infections and inflammation in CF patients?

### **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 do respiratory therapists help patients with CF?

4. How are families prepared for respiratory care?
5. Is knowing one therapeutic technique enough to combat the effects of CF?
6. Can people suffering from CF digest food properly?
7. What kind of diet is encouraged in CF? Why?
8. How much more nutrients do people suffering from CF require?
9. What kinds of foods allow people suffering from CF to achieve their dietary requirements?
10. Are vitamins important in CF nutrition?
11. Is diabetes a risk in CF?
12. Does CF affect fertility?

**In pairs, discuss the following questions.**

1. What challenges do you think young people with CF face when balancing treatment with school, friends, or sports?
2. How might dietary requirements in CF change the way families approach cooking and meal planning?
3. Why might it be difficult for people with CF to maintain mental well-being, and what support systems could help?

### **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. Why might it be difficult to tell someone you're dating about having CF?

**In pairs, discuss the following questions.**

1. How do you think the perception of chronic illness changes when someone “looks healthy”?
2. Why might some people with CF avoid disclosing their condition to peers or coworkers?  
What are the pros and cons of disclosure?
3. What can schools and workplaces do to better support individuals with chronic illnesses like CF?
4. If you were a peer or friend of someone with CF, what would you want to know to be supportive without being intrusive?

**Ex. 4 Extra task.**

**Select a chronic condition that might require an intervention of a physiotherapist.**

**Research:**

**Use reliable sources (websites of hospitals, health organizations, patient interviews, or documentaries) to answer the following questions:**

What is the disease and how does it affect the body?

What treatments or daily routines are typically required?

What challenges do people with this disease face in everyday life (school, work, travel, relationships)?

What helps them manage their condition successfully?

Are there support networks or tools (apps, medical tech) that assist them?

**Create a Profile or Mini-Report:**

**Present what you learned in one of the following formats:**

Written profile of a fictional person with the disease (1–2 pages)

Infographic or poster describing "A Day in the Life"

Short video or slideshow explaining the condition and daily life

First-person journal entry or blog-style post from the perspective of someone living with the disease

**Be Respectful and Thoughtful:**

**Remember, this activity is about empathy and awareness. Try to highlight both the challenges and the strengths of people who live with chronic diseases.**