

CYSTIC FIBROSIS

TREATMENTS & THERAPIES



Treatments for people with Cystic Fibrosis can vary from person to person depending on disease severity but can include the following...

LUNG THERAPIES:



Inhalers

These are used to open up the airways, but are not the strongest bronchodilator therapy.



Physiotherapy

Chest physiotherapy is done daily to aid in the clearance of mucus, either with help or independently.



Oral Antibiotics

Used often as routine to prevent chest infection or as back-up treatments to treat chest infection.



Sinus Rinses and Sprays

Sinus complications in people with CF often require the flushing of mucus in the sinuses.



Nebulisers

These are devices that change liquid medication into a mist to be inhaled through a mask or mouthpiece.



Supplemental Oxygen

Used as required when blood oxygen saturation is low.



Hospitalisation and Intravenous Antibiotic Therapy

Treatment for CF exacerbations (periods of worsening respiratory symptoms) as required.

There are different treatments taken via a nebuliser:

Bronchodilators
to open airways

Hypertonic Saline
to thin mucus

Pulmozyme
breaks down mucus

Antibiotics
to kill bacteria

GASTROINTESTINAL THERAPIES:



High Calorie Diet

To obtain enough nutrients and vitamins.



Taking multivitamins & supplements

Important for maintaining proper body functions.



Taking Enzymes

To assist in digesting and absorbing the food being eaten.



Taking osmotic laxatives

Helps to increase bowel movements to prevent constipation.



PEG feed

An additional method of supplemental feeding to help weight gain.



Anti-reflux Medications

Commonly used to help treat and prevent stomach acid-reflux complications.

ADDITIONAL INFORMATION



LUNG Transplant

is a life-saving operation

required for significantly advanced loss of lung function and illness. This is not a cure for cystic fibrosis.



CFRD

Cystic Fibrosis Related Diabetes

is a unique form of diabetes that affects approximately 40% of people with CF. 75% of people with CF have some form of glucose intolerance.

People with CFRD or glucose intolerance must monitor their glucose levels on a regular basis and follow a well balanced diet.



For more information, check out our website at www.cfireland.ie

