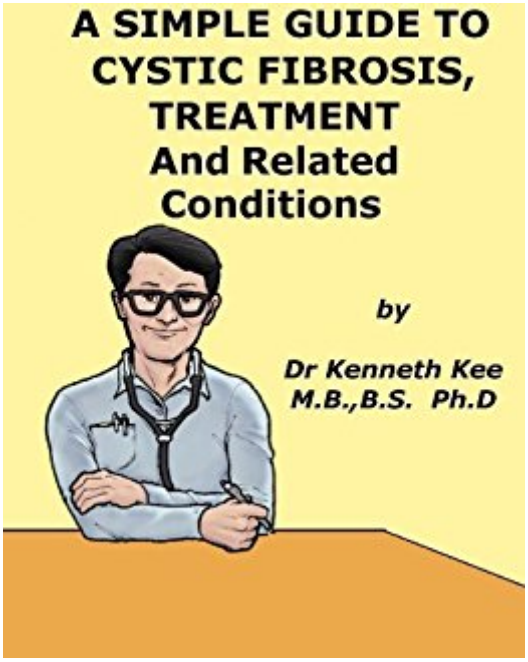
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A Simple Guide To Cystic Fibrosis, Treatment And Related Conditions (A Simple Guide To Medical Conditions)



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Synopsis

IntroductionOde to Cystic FibrosisCystic fibrosis is an inherited recessive genetic diseaseSticky mucus blocked the lungs and airways with easeIt also blocks ducts in the pancreas and digestive tractAs a result the intestines cannot fully absorb proteins and fatsThis can result in vitamin deficiency and malnutritionThere will be bulky stools, intestinal gas and constipationThere is also pain or discomfort in the abdomen.The sticky mucus can cause all forms of digestion problemSweating will cause the loss of salt resulting in dehydrationCF also causes infertility in men by blocking the secretionsThis disease can make it harder for women to get pregnant.An early diagnosis and treatment of the illness is very importantTreatment is with inhalers and medicine to open the air tube obstructionPancreatic enzymes are given to help the protein and fats digestionA rare complication is chronic lung obstructionThere may also be poor absorption and nutrition-An original poem by Kenneth KeeInteresting Tips about the Cystic FibrosisA Healthy Lifestyle1. Take a well Balanced Diet2. Treatment for lung problems includes:1. Antibiotics to prevent and treat lung and sinus infections.They may be taken by mouth or given in the veins or by breathing treatments.a. Inhaled medicines to help open the airwaysb. DNAse enzyme therapy to thin mucus and make it easier to cough upc. High concentration of salt solutions (hypertonic saline)d. Flu vaccine and pneumococcal polysaccharide vaccine (PPV) yearly (ask the doctor)Treatment for bowel and nutritional problems may include:e. A special diet high in protein and calories for older children and adults f. Pancreatic enzymes to help absorb fats and protein3. Keep bones and body strongBone marrow produces our bloodEat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.Eat food rich in Vitamins B and C such as green vegetables and fruitsZinc and other minerals are important to the body4. Get enough rest and SleepAvoid stress and tension5. Exercise and stay active.It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2Ã Â hours a week.One way to do this is to be active 30 minutes a day at least 5 days a week.Begin slowly especially if a person has not been active.6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.Alcohol use also increases the chance of falling and breaking a bone.Alcohol can affect the neurons and brain cells.7. Stop or do not begin smoking.It also interferes with blood supply and healing.Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around themChapter 1Cystic FibrosisCystic Fibrosis is more common that previously thought.Cystic fibrosis is an inherited recessive genetic disease that causes thick, sticky mucus to build up in the lungs, digestive tract, and other secretory glands such as salivary, sweat, sinuses, liver and sex

organs.Cystic fibrosis is one of the most common chronic lung diseases in children and young adults. Cystic fibrosis (CF) is caused by a defective recessive gene which is passed through the families.It causes the body to produce abnormally thick and sticky fluid called mucus that builds up in the air passages and blocks the breathing tubes of the lungs.The thick sticky mucus also can block ducts in the pancreas the organ that helps to break down and absorb food.This results in the digestive enzymes made by the pancreas unable to reach the small intestine.IntroductionChapter 1 Cystic FibrosisChapter 2 Interesting Facts about Cystic FibrosisChapter 3 Treatment of Cystic

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