

# Tips for following a cystic fibrosis treatment plan

Daily treatments take time, patience, and motivation. Making a plan can help.

## Your treatment plan is all about you

Every treatment plan for cystic fibrosis (CF) is unique. Your current treatment plan was created to meet *your* personal health needs. It is based on things like your CF test results, age, lifestyle, and treatment goals.

Your care team will work closely with you to make a treatment plan that is best for *you*.

## Your treatment plan might include:

- Quarterly visits to your CF care center
- Techniques for clearing your airways
- Taking medications as directed by your doctor
- Eating a healthy, nutrient-dense diet
- Staying physically active

## Tips for staying on track

There are many things that can be done to stay on track with a treatment plan. Your care team can help make sure you know *what* to do, *how* to do it, and *when* you're going to do it each day.

Here are some additional ideas:

- Try to block off time on your calendar for treatments to help you stay on top of your routine every day
- A smartphone can be used to set up reminders at the same time every day
- An online treatment tracker can be helpful to log what, when, and how you did your treatments each day
- Try keeping a list of any problems you are having following your treatment plan. Your care team can help you work through these problems at an upcoming center visit

## Tips for teens

There may be things you can do to help yourself stay on track with your CF treatments, such as:

- Hanging posters or photos that inspire you
- Signing up to receive daily text messages that motivate you to stick with your treatment
- Reminding yourself often of why you want to stay healthy
- Joining an online community of teens with CF who get what you're going through and support one another

## What are *your* reasons for staying as healthy as possible?

Sometimes it's easier to stick with something if we know *why* we want to do it. You may have a certain goal you want to meet. Here are some examples.

### I want to be as healthy as possible so I can:

- Go to college
- Join the guys on next year's fishing trip
- Attend my best friend's wedding

## What motivates you to stick to your treatment plan?

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