

Treatments for cystic fibrosis

Today, people with cystic fibrosis (CF) benefit from specialized CF care and a range of treatment options.

CF is managed by following a treatment plan

A treatment plan is developed in collaboration with a care team and is unique to each person with CF. This treatment plan serves as a guide for managing CF and may change over time.

There are many CF treatment options

Your treatment for CF will likely include a number of medications and therapies, plus nutrition and fitness plans. Your CF care team will advise you on which treatments are appropriate for you.



Airway clearance techniques (ACTs)

ACTs help loosen and clear lung mucus. When you do ACTs, you:

- Breathe and cough in special ways
- Wear a therapy vest that vibrates to help loosen mucus
- Breathe using special mouth devices
- Get chest physical therapy



Fitness plan

Being physically active improves lung function. It also helps clear airways in people with CF.



Taking oral and inhaled medicines

- Medicine to fight infections (antibiotic) — prevents or treats lung infections and improves lung function
- Medicine to fight inflammation — lessens inflammation that causes lung disease and other CF problems
- Medicine to treat the CFTR protein — increases the activity of the defective CFTR protein
- Inhaled medicine to relax and open airways — thins and loosens mucus. You breathe in these medicines through your mouth



Nutrition plan

People with CF follow an eating plan that helps with digestion of food and absorption of nutrients needed to thrive and grow.

Staying connected to your CF care team

Your care team is there to care for you throughout your CF journey. They will give you information, offer guidance, and help you with your treatment plan.

