

Learn about cystic fibrosis today

Cystic fibrosis (CF) is an inherited disease, which means CF is passed from parents to children. Find out what CF is, how it affects the body, what causes it, and how you can manage it.

CF is a progressive, genetic disease that causes frequent lung infections and limits a person's ability to breathe over time.

CF feels a little different for everyone, but it all starts with a problem within the cells that line the organs of your body. Mutations found on both copies of a specific gene cause proteins throughout the body to be made incorrectly. This results in a buildup of thick, sticky mucus in the lungs and beyond, leading to infections and inflammation that can cause damage, even before it can be felt.

Some of the organs affected are your:



Stomach



Intestines



Liver



Pancreas



Reproductive organs

How does CF affect your body?

CF can cause problems in different parts of the body. This illustration shows how parts of your body may be affected.

Lungs – infections, damage, disease



Sinuses – infections, nasal polyps



Pancreas – malnutrition, failure to thrive, difficulty with weight gain, cystic fibrosis-related diabetes (CFRD)



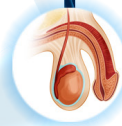
Sweat – high level of chloride in the sweat



Stomach and intestines – constipation, bloating, pain, blockage in the intestines



Reproductive organs – infertility in men, difficulty with pregnancy for women



What are the symptoms of CF?

Some people have few or no symptoms of CF. Other people may have life-threatening problems. Symptoms are linked to different parts of the body and depend on how those parts are affected.

Someone with CF may have some or all of these symptoms:



A wet cough that doesn't go away



Poor growth and low weight even though appetite is good



Lung infections, such as pneumonia or bronchitis



Greasy stools, diarrhea, or constipation



Wheezing or shortness of breath



Salty sweat and skin

CF is a complex disease that requires a specialized CF care team

People with CF do best when their care is high-quality, comprehensive, and done in partnership with their CF care teams.

