

Cystic Fibrosis Trust

CF Information Sheet

Closely read the information contained in the boxes on this sheet. Then write down one sentence that explains how CF can affect:

- The lungs
- The liver
- The pancreas
- Fingers and toes
- Mental health
- Finally, describe any other impacts it can have

Living with cystic fibrosis can have great impact on a person's mental health and emotional wellbeing.

Many people with cystic fibrosis suffer from nasal polyps. These are soft swellings that grow in the nose or sinuses and can cause pain, a runny nose or the loss of the sense of smell.

Sinusitis, which is the blocking of the three pairs of airfield spaces in the head with mucus, is commonly experienced by people with cystic fibrosis.

The thinning and weakening of the bones that we all experience as we grow older can occur earlier to people with cystic fibrosis. This can mean they are more susceptible to fractures.

Everybody has a thin layer of mucus on the airways inside their lungs. This helps to catch dust or bacteria that has been breathed in. People with cystic fibrosis have much thicker mucus meaning bacteria can become trapped and cause infections.

It is common for people with cystic fibrosis to have issues with the way their liver functions. The bile the liver produces can become sticky and cause inflammation which can damage and affect the functioning of the liver. In some cases, a liver transplant may be required.

The pancreas creates important chemicals called enzymes that break down your food. In people with cystic fibrosis, the tubes that transport these enzymes become blocked with mucus. This causes the enzymes to build up inside the pancreas and lead to it becoming inflamed.

For reasons that are unknown, some people with cystic fibrosis and other lung conditions can experience something called clubbing. This involves the ends of the fingers to swell and become rounder in shape.