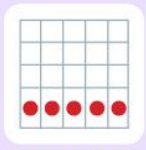
CYSTIC FIBROSIS AND YOUR BABY: AN OVERVIEW

MARCH OF DIMES

WHAT YOU NEED TO KNOW

Cystic fibrosis (CF) is a condition that's passed from parents to children through genes. The gene change in CF affects a protein that controls the balance of salt and water in the body.

CF causes thick mucus to build up in the body. This causes problems with breathing and digestion.



HEEL STICK

All babies have a **newborn screening test for CF** so it can be found and treated early. If screening results aren't normal, it simply means your baby needs more testing.

CF is diagnosed in about **1,000 babies** each year in the U.S. Most people with CF are diagnosed by age 2.

TREATMENT FOR CF

Some cases of CF are more serious than others. Babies who have CF are often sick with infections and need a lot of special medical care.

Your baby's treatment depends on their symptoms and how severe they are. Medicines used for CF include antibiotics, mucus-thinners and hypertonic saline.

If your child's CF becomes life-threatening, a lung transplant may be an option. This is a major operation that's becoming more successful in treating CF.

MANAGING CF AS YOUR BABY GROWS

Most children with CF need to take special medicines that help their bodies get nutrients from food. This helps with weight gain and digestion.

To help them grow, children with CF need healthy, high-calorie meals. They need extra vitamins, especially A, D, E and K. A dietitian with experience in treating children who have CF can help you create your child's meal plan.

Some teens or young adults with CF may get CF-related diabetes. This is usually treated by getting shots of insulin at mealtimes.

LEARN MORE ABOUT CYSTIC FIBROSIS AND OTHER GENETIC CONDITIONS AT
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