

# CYSTIC FIBROSIS (CF) FACTS

Cystic Fibrosis is a lifelong disease that causes thick, sticky mucus to form in the lungs, pancreas, and other organs. In the lungs, this mucus blocks the airways, causing lung damage, making it hard to breathe, and leading to serious lung infections. In the pancreas, it clogs the pathways leading to the digestive system, interfering with proper digestion.<sup>1</sup> In ninety percent of CF cases, the airways are affected.<sup>2</sup>

Approximately 30,000 Americans have CF. It is estimated that 1,000 cases are diagnosed each year.<sup>3</sup>

CF occurs equally in male and female babies<sup>3</sup>

CF affects nearly every race, although it occurs most commonly in Caucasians of Northern European descent.<sup>4</sup>

Between 1999 and 2006, 3,708 people in the United States died from CF.<sup>5</sup>

Symptoms of CF may include:<sup>6,7,8</sup>

- Salty tasting skin
- Wheezing/shortness of breath
- Persistent cough and excessive mucus
- Frequent lung infections, such as pneumonia and bronchitis
- Frequent sinus infections
- Nasal polyps
- Under weight
- Foul-smelling, greasy stools
- Swollen belly accompanied by abdominal gas and discomfort
- Broadening of fingertips and toes

## References

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