Brief note on cystic fibrosis.

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Accepted on December 28th , 2021

Description

Cystic fibrosis (CF) is a disease triggered by a genetic mutation. It alters the way your body produces mucus, a substance that aids the function of your organs and systems. There's no cure for cystic fibrosis, but a range of treatments can help control the signs, prevent or reduce difficulties, and make the condition easier to live with. Treatment for cystic fibrosis (CF) will depend on your child's signs, age, and general health. It will also depend on the severity of the ailment.

There is no cure for CF. But investigation in gene therapy is being done. The gene that causes cystic fibrosis has been discovered. This may lead to an enhanced understanding of the ailment. Over time, gene therapy research may cure, prevent, or slow the disease's development. Goals of treatment are to ease severity of signs and slow the development of the disease. Treatment may comprise:

CFTR modulator therapies

CFTR (Cystic Fibrosis Transmembrane Regulator) is the protein that is not formed properly in individuals with CF. There are new CFTR modulator therapies that are designed to correct the function of the imperfect protein made by the CF gene. These proteins are only suitable for certain people with CF. They only help people with definite genetic irregularities.

Medication

Antibiotics: These are the chief medicines used to prevent and treat lung infections. Frequently, you'll take these in pill form. They also exist in inhaled form. But if you have an acute infection, you may have to get them through an IV in the hospital.

Anti-inflammatory drugs: Repeat infections can leave your airways swollen and make it tougher for you to breathe. Anti-inflammatory drugs can help. One example is Tezacaftor/ivacaftor (Symdeko). This medication is available as a tablet that can help air move easier through your lungs, allowing you to blow more air out of your lungs. Anyone above the age of 12 can use this medication.

Bronchodilators: Bronchodilators are the most commonly used medication in patients with cystic fibrosis in order to broaden the airways and alleviate symptoms.

Chest Physical Therapy (CPT): You can improve your breathing by using airway clearance methods (ACTs). They may also assist in reducing the amount of lung infections you experience. For example, clapping or pounding on your chest and back helps loosen mucus so you can cough more of it out.

With the support of a family member or friend, you can do several types of ACTs at home. Or, you might prefer to use a medical device. You could use an electric chest clapper or a mask that pulls mucus away from your airways with vibrations. Specific therapy vests use high-frequency airwaves to loosen mucus.

Exercise: Work out helpful to breathe faster and harder, allowing you to cough up more mucus. Exercise also improves your mood and protects other parts of your body, like your bones and heart.

If you work out on a regular basis, you may not need as much CPT. Check with your doctor first about what types of accomplishments are safe for you.

As lung ailment gets near the end stage, a lung transplant may be an option. The type of transplant done is frequently a double lung transplant. That's because leaving the other, sicker lung in place puts it at risk for infection and damage.

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Citation: *John E. Brief note on cystic fibrosis. Arch Gen Intern Med 2021;5(11):10.*