District Health Department #10
Healthy People, Healthy Communities

MAY IS CYSTIC FIBROSIS AWARENESS MONTH

May 1, 2024 – The Northern Michigan Public Health Alliance (NMPHA), in partnership with District Health Department #10 (DHD#10), is recognizing Cystic Fibrosis (CF) Awareness Month. Throughout the month, the NMPHA and DHD#10 urges residents to learn about the disease, share personal experiences, and advocate for a cure.

Every May, the Cystic Fibrosis Foundation and the CF community create resources and share stories to help raise awareness of CF. This year's theme is "Resilient." Follow along on social media to see more about how "Together, we are Resilient."

According to the Centers for Disease Control and Prevention (CDC) and the CF Foundation:

1. CF is a progressive, genetic disorder that causes problems with breathing and digestion. People with CF have mucus that is too thick and sticky which:
    - Blocks airways leading to lung damage;
    - Traps germs leading to likelihood of infections;
    - Prevents protein absorption needed for digestion, which limits the body's ability to absorb nutrients.
2. There are 40,000 children and adults living with CF in the United States. There's an estimated 105,000 people diagnosed with CF across 94 countries, affecting every racial and ethnic group.
3. CF affects many different organs in the body, making people with the disease more likely to develop other health conditions including, but not limited to: diabetes, cirrhosis, arthritis, reflux, hypersplenism, and osteoporosis.

All babies born in the United States are checked for CF as part of a newborn screening, however some people aren't diagnosed until adulthood. Signs and symptoms include:

- Very salty-tasting skin
- Persistent coughing, at times with thick phlegm or blood
- Frequent lung or sinus infections
- Wheezing or shortness of breath
- Poor growth or weight gain in childhood
- Frequent greasy, bad-smelling stools or constipation
- Nasal polyps
- Male infertility

Consult your doctor or primary care provider if you or your child shows signs of CF. A sweat test or genetic testing might be needed. You can locate a CF Care Center near you by visiting: https://apps.cff.org/ccd/CareCenters?State=MI&Zip=&Distance=100. Treatment may include a combination of medicines and therapies to improve breathing and digestion. In some cases, a lung transplant is needed.

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Proud member of the Northern Michigan Public Health Alliance: 7 local health departments advocating for public health.

To learn more about CF, visit the CDC here: https://www.cdc.gov/genomics/disease/cystic_fibrosis.htm.

You can also visit the CF Foundation to learn more: https://www.cff.org/intro-cf/cf-awareness-month.

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