



What is Cystic Fibrosis (CF)?

Cystic fibrosis is an inherited disorder that causes the body to make thick, sticky mucus. The mucus clogs the airways of the lungs and causes problems with the way the pancreas helps break down food. CF occurs in about 1 in 3,200 Caucasian newborns. It occurs less often in other ethnic and racial groups. Early diagnosis and treatment will allow children with CF the opportunity to lead longer and healthier lives.

Michigan Resources & Support

NBS & Coordinating Program for CF

University of Michigan
Phone: 734-647-8938

Children's Special Health Care Services

www.michigan.gov/cshcs
Family Phone Line
Toll-free: 1-800-359-3722

Early On[®] Michigan

www.1800earlyon.org
Toll-free: 1-800-EARLY ON

Michigan Genetics Connection

www.migeneticsconnection.org
E-mail: genetics@michigan.gov
Phone: 1-866-852-1247

Michigan Newborn Screening

Follow-up Coordinator
E-mail: MDCH-newbornscreening@michigan.gov
Toll-free: 1-866-673-9939

National Resources & Support

Cystic Fibrosis Foundation

www.cff.org
Toll-free: 1-800-344-4823

Family Village

www.familyvillage.wisc.edu

GeneReviews

www.genetests.org

Genetic Alliance

www.geneticalliance.org

STAR-G Project

www.newbornscreening.info/Parents/facts.html

How may CF affect my child?

Symptoms in the newborn

Many newborns with CF will have no signs or symptoms of the disease at birth. Some will be born with a problem called meconium ileus where thick stool blocks the intestines. Babies with CF may also have "failure to thrive" which means they have trouble gaining weight and growing after birth.

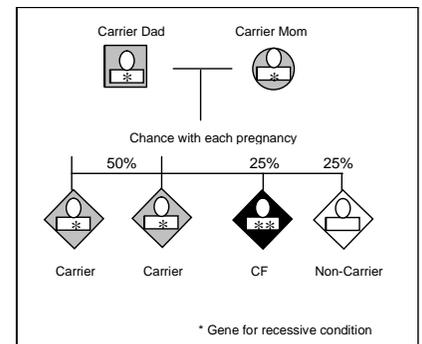
Symptoms in the older child and adult

Many children with CF will develop symptoms within the first years of life. Symptoms of CF vary, but may include:

- Coughing
- Wheezing
- Lung infections
- Sinus problems
- Poor weight gain
- Greasy stools

How does CF occur?

CF is a genetic disorder. Parents of an affected child each carry one abnormal copy of the CF gene. Carrier parents do not have symptoms of CF. In order to have CF, a person must have two abnormal copies of the CF gene. There is a 1 in 4 chance that each child will have CF when both parents carry a gene for the disorder.



How is CF treated?

CF cannot be cured, but many symptoms can be treated. Many newborns with meconium ileus will need surgery shortly after birth. Most children and adults with CF will need to eat a healthy, high-calorie diet and take vitamins to help them grow. Some people may also need medications to help them get more nutrients from the food they eat. To breathe better, many people with CF need help clearing mucus from their lungs each day. Some medications can also prevent infections and help with breathing. The Newborn Screening Program recommends that all babies with CF be treated in an accredited CF Center. Children with CF and their families also benefit from having a primary care physician who helps to coordinate their care with medical specialists and other community-based services.

For more information please contact the Newborn Screening Program toll-free at 1-866-673-9939 or e-mail NBS-Parent@michigan.gov