

Cystic Fibrosis (CF) (Sis-tick Fi-BRO-sis)

What is CF?

Cystic Fibrosis (CF) is a metabolic disorder. This means the body has a chemical imbalance. CF is a condition in which the body produces thick, sticky mucus that clogs the lungs and the pancreas. CF is inherited. This means it is present at birth.

What types of problems occur with CF?

A baby who has this condition may have problems breathing along with poor growth and development. If untreated, this condition can lead to death. Early diagnosis and treatment will help prevent these problems.

What is the chance my baby will have CF?

This condition occurs in less than 1 in every 2,500-3,500 births. CF is found most often in Caucasians in the United States. Babies born with this condition have a changed gene from each parent. A person who has one changed gene is called a carrier. A person who is a carrier does not have symptoms. If both parents are carriers, either parent can pass on the changed gene to their baby. If both parents pass on the changed gene, the baby will have the condition. If both parents are carriers, for each pregnancy:

- There is a 25% chance that the baby will be born with this condition.
- There is a 50% chance that the baby will be a carrier for this condition.
- There is a 25% chance that the baby will not be born with this condition and will not be a carrier.

What is the treatment for CF?

The treatment of CF consists of clearing mucus from the lungs everyday. Chest physical therapy is a form of clearing the lungs of mucus to breathe; done daily by clapping hands on the back and chest. Medicine is given to help with nutrition and breathing. Your baby's doctor will help you make sure that your baby gets the right diet and medical care.

Where in Virginia can I take my baby for care?

There are five different treatment centers in Virginia. The names of the centers are listed below.

- Virginia Commonwealth University, Richmond, Virginia
- Eastern Virginia Medical School, Norfolk, Virginia
- University of Virginia, Charlottesville, Virginia
- Naval Medical Center Children and Adult Program, Portsmouth, Virginia
- Pediatric Lung Center, Fairfax, Virginia
- Children's National Medical Center, Washington, DC

For more information, please contact the Cystic Fibrosis Foundation, Virginia Chapter, 804 527-1500, <http://www.cff.org> or Virginia Newborn Screening Services, Virginia Department of Health. The telephone number is 804-864-7714 or 804-864-7715. The Web site is <http://www.vahealth.org/genetics>.

