**Cystic fibrosis**

**Causes of Cystic fibrosis:**

Cystic fibrosis is caused by a mutation in a gene called the cystic fibrosis transmembrane conductance regulator gene.

**Symptoms of Cystic fibrosis:** chronic coughing, shortness of breath**,** frequent lung infections**,** frequent sinusitis**,** frequent nasal polyps**,** inflammation of pancreas (pancreatitis)**,** trouble gaining weight**,** salty and sweaty skin.

**Treatments to help with Cystic fibrosis:** Antibiotics to prevent and treat chest infections, Medicines to make the mucus in the lungs thinner and easier to cough up, Medicines to widen the airways to help reduce inflammation, Special techniques and devices to help clear mucus from lungs.

**Preventions of Cystic fibrosis:**

Cystic fibrosis is not preventable.

**Pneumonia**

**Causes of pneumonia:**

Pneumonia is caused by smoking, bacteria or viruses although often a cause is never found, it can be triggered by a cold or flu which allows the germs to gain access to the lungs.

**Symptoms of pneumonia:** Cough-may be dry, produce thick yellow, green, brown or bloodstained mucus, Difficulty breathing, Rapid heartbeat, Fever, Feeling generally unwell, Sweating and shivering loss of appetite

**Treatments for pneumonia:** Antibiotics for bacterial pneumonia, Antiviral for viral pneumonia, Antifungal for fungal Pneumonia and over the counter drugs to help relax and ease pain in muscles or medicine to help you breathe easier.

**Preventions of Pneumonia:** Antibiotics or Vaccines can help prevent some types of pneumonia, good hygiene, quitting smoking, keeping immune system strong.