CYSTIC FIBROSIS

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What is it?

Cystic Fibrosis is a genetic disorder that primarily affects the lungs. It results in coughing up lots of mucus and infrequent lung infections.[2]

Who does it affect?

Cystic Fibrosis is caused by is transferred to newborns in an autosomal recessive manner[3]. This means that someone who has only one copy of the gene that causes the disorder will be somewhat unaffected. By having only one copy of the gene, that person is identified as a "carrier" of that gene. If two carriers have a child, this would cause the child to be highly affected by the disorder.[1]

Treatments

The main way to treat the disease is constant antibiotics[2], but some other treatments include medications to thin the mucus that is produced, high-calorie diets and physical therapy and exercise to clear the airways. If possible, lung transplants[1][2] are also used in some cases. The disease is active for one's entire life and a cure has yet to be found.

[1] - What Is Cystic Fibrosis? | NHLBI, NIH
[2] - Cystic Fibrosis - Symptoms and Causes - Mayo Clinic
[3] - Autosomal recessive: MedlinePlus Medical Encyclopedia