

# Partnering For Care: Help Your Dietitian Help You Thrive



Fall 2010



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This Web cast is supported by an unrestricted educational grant from Genentech, Inc.

# Amanda Leonard, MPH, RD, CDE Johns Hopkins Hospital

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Help You Thrive



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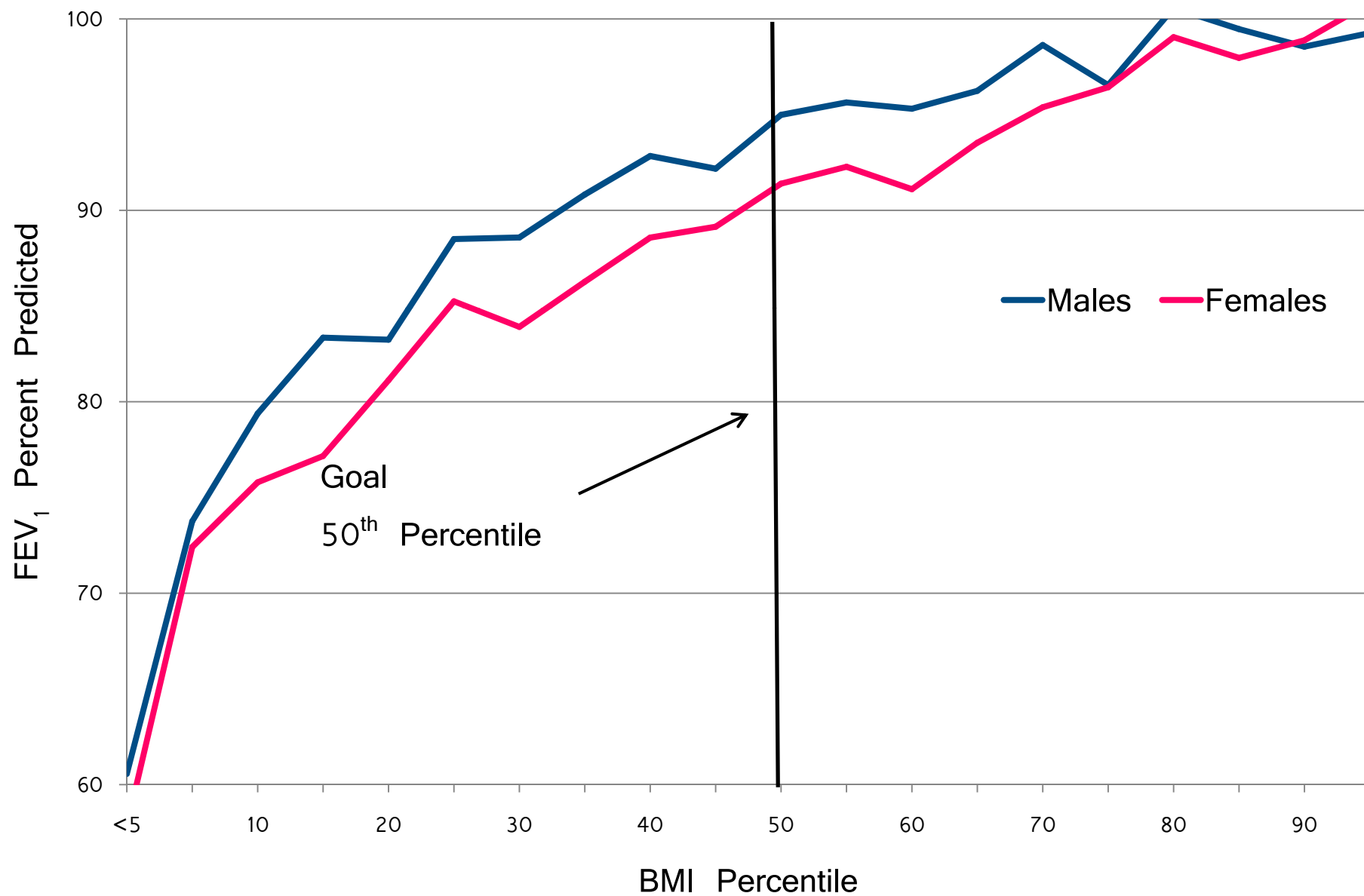


# Marsha E. Davis, RD, LDN, CDE Johns Hopkins Hospital

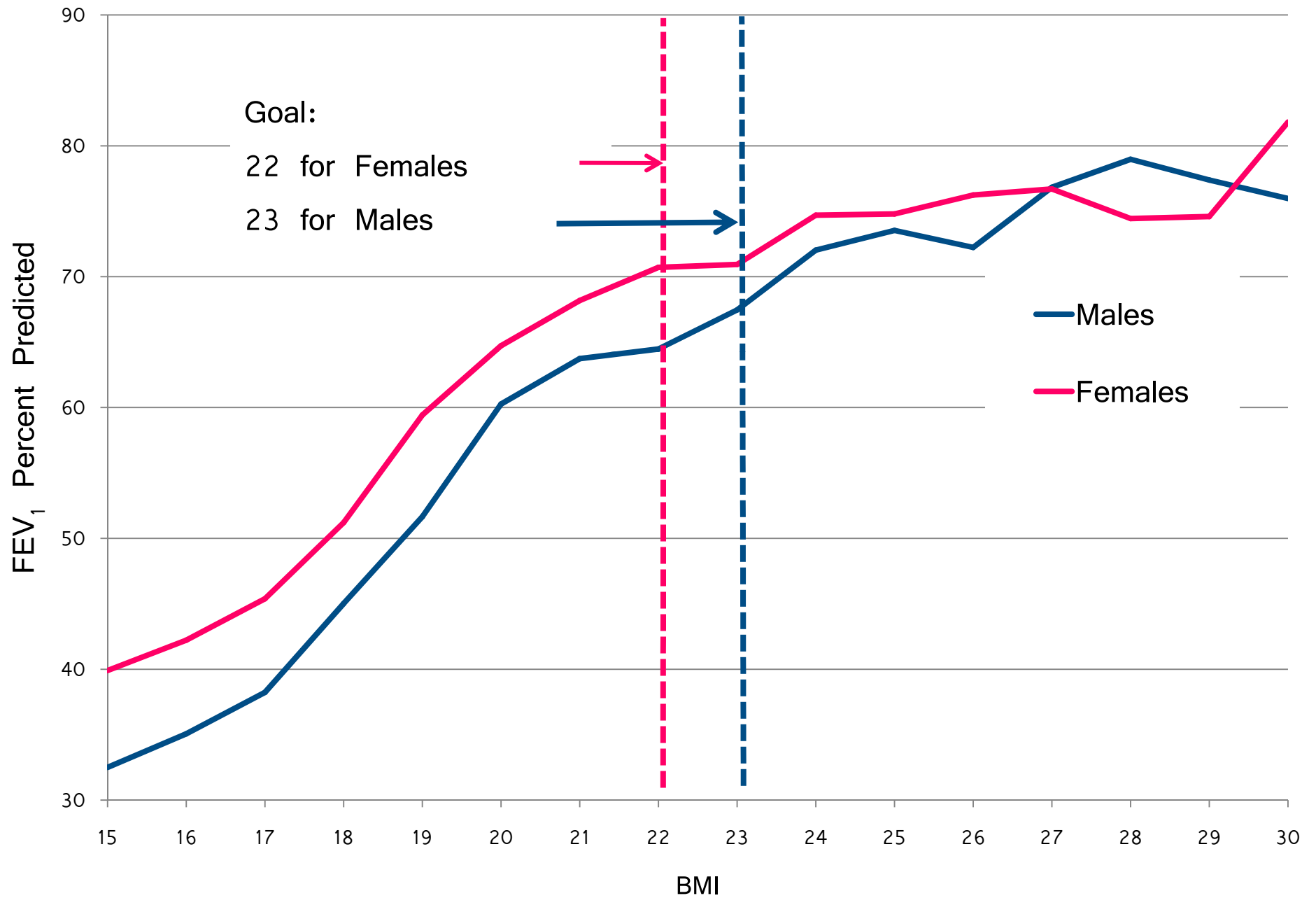
# How do you keep updated on current practices?

- Read professional journals
- CF Practice Guidelines
- Attend professional conferences, e.g., North American CF Conference
- Network/consult with others who care for people with CF
  - Collaboratives
  - List-servs

# FEV<sub>1</sub> Percent Predicted vs. BMI Percentile in Children 6 to 19 Years



# FEV<sub>1</sub> Percent Predicted vs. BMI in Adults 20 to 40 Years



# All Fats are Healthy for People with CF.

Fats are high in calories and can help you gain or maintain your weight.

## Fats:

- Half and Half
- Sour cream
- Cream cheese
- Bacon
- Avocado
- Coconut
- Butter/margarine
- Nuts /seeds\*
- Salad Dressings
- Mayonnaise
- Olives

\*Avoid if you have a nut allergy.

Saturated fats have been found to raise blood cholesterol in general population.

“Heart Healthy” fats:

- Nuts/seeds
- Avocado
- Olives
- Mayonnaise
- Nut butters
- Margarine
- Liquid vegetable oils

- Vitamin A\***
- Normal vision
  - Helps lining of lungs to ward off infection
- Vitamin E\***
- Keep red blood cells healthy
  - Maintains health of your intestines
- Vitamin D\***
- Helps build and maintain strong bones and teeth
  - Helps keep immune and nervous systems working properly
- Vitamin K\***
- Necessary for blood clotting
  - Role in bone health

\*Refer to Vitamin cards on [www.cff.org](http://www.cff.org) for food sources of vitamin.



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## Learn More...

- Talk with your CF Center dietitian
- CF Foundation's Web site

## In This Section

### Staying Healthy

- > Diet
  - > Nutrition & Healthy Eating
  - > Nutrition: Changes Through Life
  - > Meal and Snack Ideas
  - > Color Your Calories
  - > Pancreatic Enzyme Replacement
  - > FAQs About Phthalates & Pancreatic Enzymes
  - > Vitamins and Minerals
  - > CF-Related Diabetes
- > Germs
  - > What You Should Know
  - > Stopping the Spread of Germs
  - > Burkholderia cepacia FAQs
  - > ABPA
  - > Influenza - The Flu
  - > Seasonal & H1N1 Flu FAQs
  - > H1N1 Flu Map
  - > MRSA
- > Lung Health
  - > Risks of Smoking
  - > Which Nebulizer for Which Drug
  - > Exercise and CF

[Informacion en Espanol](#)[Care Center Network](#)[Quality Improvement](#)[Insurance](#)[Patient Assistance Programs](#)[CF In the Workplace](#)[Home](#) > [LIVING WITH CYSTIC FIBROSIS](#) > [Staying Healthy](#)[Print Page](#)[Email to a Friend](#)

## Staying Healthy

### Make a Plan to Stay Healthy

Most people with cystic fibrosis can lead active lives—depending upon the severity of their disease—with routine therapies and regular visits to a [Cystic Fibrosis Foundation-accredited care center](#).

Staff at CF Foundation-accredited care centers partner with people with CF to develop individual treatment plans. These plans typically include high-calorie, high-fat diets, therapies to loosen the clogged mucus from their airways, and mucus-thinning drugs and antibiotics when needed.

By following a treatment plan developed with their CF care center team, many people with CF can slow down the progression of their disease. A healthier body is better able to deal with bacteria and chronic lung infection.

### Avoid the Spread of Germs

Cystic fibrosis puts the airways at risk for lung infections. There are, however, effective ways to lessen the risk. One way is to limit contact with known germ sources.

Although germs are everywhere and cannot be avoided, one of the best ways to keep from catching or spreading germs is through effective hand-washing, whether with soap and water or alcohol-based hand gels.

Everyone with CF should avoid unnecessary contact with people who have a cold or any other contagious illness, and should cough and sneeze into a tissue.

Learn more about [methicillin-resistant Staphylococcus aureus \(MRSA\)](#). It's all about good hand hygiene!

### Make a Donation

Support the mission of the Cystic Fibrosis Foundation

[Donate Now](#)

### Stay Informed

Sign up to get the latest news and information.

[Sign Up](#)

### It's Time to Take Great Strides!

Your steps TODAY will help find a cure for cystic fibrosis. Register for a walk near you.

[Register Now](#)

### Learn. Ask. Join.



Help discover and develop potential.

## In This Section

### Therapies

- > Respiratory
  - > Airway Clearance
  - > Postural Drainage
  - > Antibiotics
  - > Azithromycin
  - > Cayston
  - > Hypertonic Saline
  - > Ibuprofen
  - > Caring for your PICC
  - > Implanted Ports
- > Nutrition
  - > For the Infant
  - > For the Toddler
  - > For the Child
  - > For the Teen
  - > Healthy Eating
  - > Vitamins and Minerals
  - > Enzymes
  - > Tube Feeding
  - > Bone Health
  - > CF-Related Diabetes
  - > Alternative Therapies
  - > Antioxidants

[CF Care Guidelines](#)[Lung Transplantation](#)[Care Center Network](#)[Drug Development Pipeline](#)[CF Services Pharmacy](#)

## Quick Links

[Home](#) > [TREATMENTS](#) > [Therapies](#)[Print Page](#)[Email to a Friend](#)

## Therapies for Cystic Fibrosis

Thanks to Cystic Fibrosis Foundation-supported research, people with cystic fibrosis (CF) have more therapy options than ever before. There are drugs to help clear the thick CF mucus from airways, reduce inflammation and aerosolized antibiotics for CF. The Foundation is dedicated to investing in promising research that will lead to more new treatments and a cure for cystic fibrosis.

- [Clearing the Airways](#)
  - [Inhaled Medications](#)
  - [Antibiotics](#)
  - [Other Drugs](#)
- [Implanted Devices](#)
- [Nutrition & Eating Right](#)
- [Alternative Therapies](#)

### Clearing the Airways

People with cystic fibrosis do **airway clearance techniques (ACT)** to loosen and get rid of the mucus from the lungs. Clearing mucus helps to reduce the severity of lung infections and improve lung function.

Some airway clearance techniques require help from family members, friends or therapists. Adults with cystic fibrosis can do many airway clearance techniques themselves.

One technique is called "**postural drainage and percussion.**" People with cystic fibrosis sit, stand or lie in a position that will help free up mucus as their chest and back are pounded or clapped. Sometimes a patient will use a mechanical "vest," or blow into a device that shakes the mucus loose, to help clear their airways.

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- CF Foundation's Web site
  - Living with Cystic Fibrosis/Staying Healthy
  - Treatments/Therapies
  - Treatments/CF Care Guidelines
- Medical Journals online – [www.pubmed.gov](http://www.pubmed.gov)
- NIH - [www.medlineplus.gov](http://www.medlineplus.gov)
- Starlight Children's Foundation – [cf.starlight.org](http://cf.starlight.org)
- [www.hopkinscf.org](http://www.hopkinscf.org)

# Partnering for Care Series



| Adding *tomorrows* every day.



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CYSTIC FIBROSIS CENTER

# Archived CF Education Web Casts

[www.cff.org/LivingWithCF/Webcasts](http://www.cff.org/LivingWithCF/Webcasts)

- “Adult Nutrition”
- “Using Nutrition to Stay Healthy with CF”
- CF Research
- Lung health and lung disease
- Germs, infection control and people with CF
- CF healthcare coverage
- Fertility information
- Building life skills to manage CF and more

# Thank You



- ...for watching & submitting questions
- Amanda Leonard & Marsha Davis
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