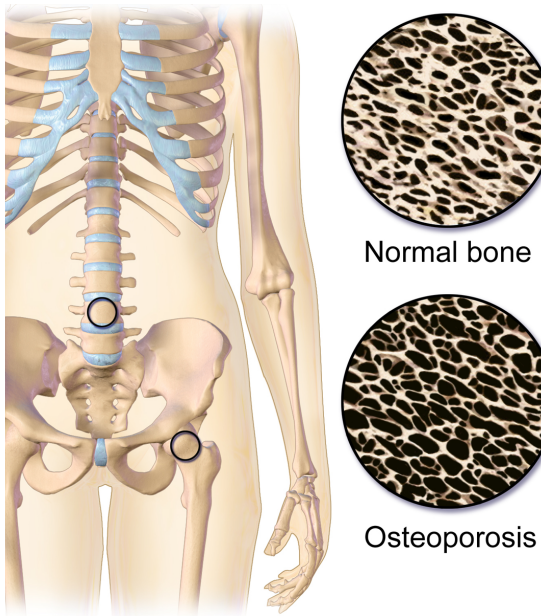


Cystic Fibrosis (CF) and Bone Health

How Does CF Affect the Health of Your Bones?

Since people with CF can have low bone minerals, they are at risk for osteopenia and osteoporosis. In CF, it can happen at any age but becomes more common in the later teen and adult years. This causes brittle bones and can lead to pathologic bone fractures.



Osteopenia: Bones do not have enough minerals

Osteoporosis: Holes in the bones are too big

Pathologic Bone Fractures: A break in the bone that was not caused by force or impact.

Contributing Factors to Bone Disease:

- Low BMI or weight
- Pancreatic insufficiency
- Calcium, Vitamins D, or Vitamin K deficiencies
- Lung infections and low FEV1
- Steroid use
- Physical inactivity
- Advancing age
- History of fracture(s)
- Delayed onset of puberty

How to Keep Your Bones Healthy:

Maintain healthy BMI & weight	Maintain normal calcium, vitamin D, and vitamin K levels	Incorporate weight bearing exercises
Follow up with your registered dietitian annually	Complete routine lab work and recommended DEXA scans (bone density scans)	Complete quarterly physician visits