Our World and My World

What is CF?

- CF is short for Cystic Fibrosis

- Medical condition

- It affects more than 10,800 people in the UK.

- You are born with the condition – you cannot catch it or develop it in later life.
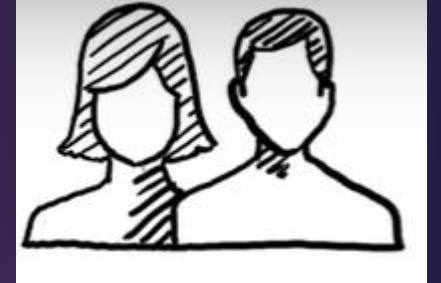
- Inherited from our parents

How is CF diagnosed?

► Heal prick test after you are born.

► When we look at ourselves, we are all different, but some of these differences you cannot see.
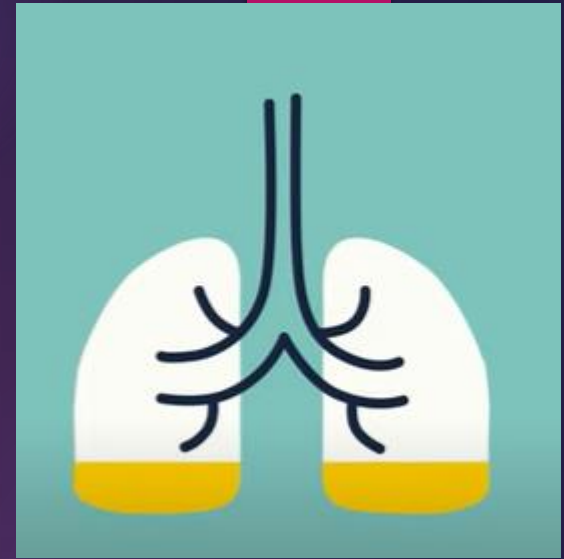
How does it affect the person?

- CF is one of the most common inherited conditions. 1 in 25 people carry the gene for CF.

- It affects the lungs and digestive system in the body.

- It can cause you to have lung infections, because of a sticky mucus.

- It can be difficult to digest food too.

What about everyday life?

▶ You can have a cough.

▶ You may get slightly more chest infections, but antibiotics help to clear the infection.

▶ Physiotherapy to help move the mucus out of the lungs and I get rid of it.

▶ Enzyme capsules to help digest food – these are called Creon

▶ A special, high fat diet to help get the right nutrients. A dietician helps with this.

Life to the full

- People with CF can lead full and happy lives – so does everyone else!

- They need to exercise – so does everyone else!

- They need to eat a good diet – so does everyone else!

- They need to have check ups to see how they are doing – so do you, when you go to the doctors!

Watch the link to find out more

How can we help?

- Keep school as germ free as possible – that is good for all of us.

- Play lots of games that give us exercise – that is good for all of us.

- Remember that snack time and lunch time is important – that is important for all of us.

- Take the medication when it is needed – that is important for all of us.

How can we help?

Live in our world.

Remember we are all unique and all have our own strengths and struggles.

By being kind and understanding you can help other people in our world.