



Maintaining Respiratory Health in Cystic Fibrosis Patients

*Modaresi MR

¹Pediatric pulmonologist, Pulmonary Department, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.

Abstract:

Cystic fibrosis (CF) is an inherited disease that primarily affects the lungs and the digestive system, however, it also affects a number of other organs and systems. More than 90% of mortality of CF patients is due to lung complications. Healthy lungs are important for a long life for people with CF, We will discuss two important topics for maintaining respiratory health.

Chronic use of drugs for maintaining respiratory health

There are a number of drugs available to keep CF lungs healthy. We will discuss the science behind the recommendations for use of:

- Inhaled antibiotics
- Dornase alfa
- Azithromycin
- Hypertonic saline
- High-dose ibuprofen
- Ivacaftor

CF Airway Clearance Therapies

Airway Clearance therapy is very important to keeping CF lungs healthy. Our discussions cover the following topics such as the:

- Daily airway clearance
- Different techniques of airway clearance
- Effect of aerobic exercise on airway clearance

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***Corresponding Author:**

Modaresi MR, MD, Pediatric pulmonologist, Pulmonary Department, Children's Medical Center, Tehran University of Medical Sciences, Tehran, Iran.