This one-of-a-kind guide offers easy-to-understand explanations, advice, and management options for patients or parents of patients with cystic fibrosis.

Written by the director of one of the nation's leading CF centers, the book explains the disease process, outlines the fundamentals of diagnosing and screening, and addresses the challenges of treatment for those living with CF. The text offers straightforward answers to the questions most frequently asked by patients and families--what causes CF, how it affects the body systems, what pharmacological, surgical, and physical therapies are most effective, role of exercise, diet, and nutrition.