



# Managing CF and your life is a balancing act with lots of moving parts.

While living with cystic fibrosis is different for everyone, there are common threads. People with CF do best when:

- They have highly individualized treatment
- They can balance their treatments with daily life
- Their care plans address the whole person — physical, mental, and social

Learn more about individualized care at [cff.org/care](https://www.cff.org/care).



## CF Care works best delivered in collaboration.

When care teams, family caregivers, and people with CF work together, it can make balancing life with this disease a little easier.

Working together means coordinating care across multiple specialists; empowering individuals with the knowledge and skills that provide confidence to manage their disease; sharing information about what works, which drives improvements for all; and belonging to a supportive community.



## Coordinating Personal Care

CF is a complex, chronic disease affecting multiple organs, requiring a demanding care plan. There is no one-size-fits-all approach—treatments must be tailored to each individual, their health, and their goals.

In partnership with patients and families, highly-trained specialists on the CF care team apply the latest medical evidence and established guidelines to their patients' unique circumstances, resulting in care that is complete, coordinated, and personalized.



## Empowering the Individual

The complexity of this disease demands that people with CF and their families play an active role in their care.

This requires building trust with their care teams so that parents, teens, and adults can discuss their care knowing their contributions are not only respected, but encouraged.

When these relationships are nurtured, people living with CF can partner with their care teams to work toward personal goals while taking care of their health.



## Sharing Data to Improve Health

As people with CF live longer, their health needs change and their care must also evolve.

Care plans are adapted and improved over time based on test results as well as changes in mood, appetite, and energy that patients and families share with their care teams. Feedback to care teams also improves the care they provide to the whole person.

When individual data is provided to the Patient Registry, the effectiveness of treatments across the entire population becomes clear, and can lead to new insights and breakthroughs for everyone.



## Belonging to a Community

Managing CF is more than clinic visits and taking medications; people with CF manage their condition 24/7.

An informed and empathetic community can help individuals sustain their daily care, and be a powerful voice to protect access to high-quality, specialized care and treatments.

Adults and families, care teams and researchers, and the CF Foundation staff and volunteers all come together to share experiences and understanding, so no one has to feel alone.

# Together is the way forward.

By acknowledging the complementary roles played by every member of the CF community—dedicated clinicians, researchers, family caregivers, volunteers, donors, the CF Foundation, and most important, people living with this disease—we can accomplish even more.



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