



Name: _____

Date: _____

This tool is to help your care team see how they can help you learn more about your Cystic Fibrosis (CF).

Please read each answer carefully before choosing the **one** answer you think is **best**. If you don't know an answer, no big deal. Just leave it blank and move on to the next question.



SCREENING & PREVENTION

1 Which of these tests are done at regular clinic visits?

- a. Pulmonary Function Tests (PFTs)
- b. Throat/sputum cultures
- c. Physical exams
- d. All of the above

2 Some tests are done at every clinic visit, because the CF care team:

- a. Lost the results from your last visit
- b. Can track how you are doing over time
- c. Compares your results to other patients' results
- d. None of the above

3 True or false? People with lifelong illnesses like CF are more likely than others to have anxiety (*worrying*) and depression (*sadness*) at some point in their life.

- a. True
- b. False

4 True or false? Your CF care team may give you a test about your feelings at clinic visits, even if you are not feeling depressed or anxious.

- a. True
- b. False

5 Match the following tests with their purpose:

- | | | |
|---------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------|
| a. Blood tests | <input type="radio"/> | To check mucus and see which bacteria are in your lungs |
| b. Chest X-rays | <input type="radio"/> | To measure how well your lungs are working |
| c. Oral Glucose Tolerance Test (OGTT) | <input type="radio"/> | To help doctors see what's happening inside your lungs |
| d. Sputum cultures | <input type="radio"/> | To check your nutrition and for things like infections and how well your kidneys and liver are working |
| e. Pulmonary Function Tests (PFTs) | <input type="radio"/> | To measure your body's ability to use a type of sugar called glucose |

6 People with CF are usually tested for CF-Related Diabetes (CFRD) starting at age:

- a. 8
- b. 21
- c. 10
- d. 2

7 The name of the test used to tell if you may have CF-Related Diabetes (CFRD) is:

- a. Oral Measure of Glucose (OMG)
- b. Oral Glucose Tolerance Test (OGTT)
- c. Glucose Test (GT)
- d. None of the above

8 A person with CF-Related Diabetes (CFRD) may be told to:

- a. Take insulin
- b. Take CF vitamins
- c. Increase his/her enzymes
- d. None of the above

9 A person with CF may also be at risk of getting:

- a. CF-Related Diabetes (CFRD)
- b. Liver disease
- c. Osteoporosis (bone disease)
- d. All of the above