



CF LIVER DISEASE (CFLD)

Name: _____

Note: This is not a test. This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

1. Which of the following is correct?

- a) CFLD occurs because people with CF have damaged lungs
- b) CFLD occurs because the pancreas does not secrete enough chemicals and digestive enzymes for normal digestion to occur
- c) CFLD occurs because people with CF have sticky bile which can lead to blockages in the bile ducts that cause scarring in the liver over time

4. Which of the following are symptoms of CF Liver disease?

- a) Headaches, fever, and decline in lung function
- b) Joint pain, exhaustion, and muscle spasms
- c) Fatigue, bruising, and weight gain

2. Cirrhosis is:

- a) Bleeding in the liver
- b) Scarring of the liver
- c) Build-up of bile in the liver
- d) All of the above

5. To treat CFLD, you should see a specialist called a ___, in addition to the CF care team.

- a) Podiatrist
- b) Gastroenterologist or GI doctor
- c) Gynecologist
- d) General practitioner or family doctor

3. Portal hypertension, a common problem associated with CFLD, refers to:

- a) Scarring of the liver
- b) Slowing down the blood flow in the liver
- c) Bile build-up in the liver
- d) All of the above

6. Treatment options for CFLD include:

- a) A special diet
- b) Oral bile acid pills called ursodiol, proven to help improve bile flow and improve liver function
- c) Both of these