

GLOSSARY OF CF TERMS

TERM	PRONOUNCIATION	DEFINITION
Airway clearance techniques (ACTs)	(aer-way clear-ans tek-neeks)	Ways to loosen thick, sticky lung mucus so it can be coughed out (like percussion and vest)
Abdominal muscles	(ab-da-mun-ul muss-celz)	Sometimes called abs, these are the muscles in front of your abdomen, the area below your chest and above your belly button
Antibacterial	(an-tee-bak-teer-e-al)	Something that kills or stops bacteria from growing
Antibiotics	(an-tee-by-ah-tiks)	These medicines attack bacteria that make you sick
Anxiety	(ang-zya-tee)	Feeling worried a lot
Bacteria	(bak-teer-ee-uh)	Cause infections in your body, most often in the lungs of a person with CF, which increase symptoms like coughing or wheezing. Antibiotics are often prescribed to treat bacterial infections
Bronchodilator	(brong-ko-dy-lay-ter)	An inhaled medicine that helps to keep the airways in your lungs open
Carbohydrates	(kar-bo-hi-drates)	Also known as <i>carbs</i> . These are the body's major source of energy. There are two main types of carbohydrates: sugars (like the kinds in milk, fruit, table sugar, and candy) and starches, which are found in grains, breads, crackers, and pasta
CPT	(see-pee-tee)	Stands for Chest Physical Therapy, a type of ACT used to reduce mucus in the lungs by clapping with the hands or a device called a percussor
CFTR modulators	(cee-ef-tee-ar mod-u-lay-ters)	Therapies designed to address the basic cause of CF—a defective protein called CFTR
Depression	(dih-preh-shun)	Feeling sad for weeks, months or longer, and rarely feeling happy
Enzyme	(en-zym)	Substance needed for the proper digestion and absorption of food
Exacerbation	(x-as-sir-ba-shun)	Worsening of CF symptoms which require extra medicine or a hospital stay
FEV ₁	(ef-e-vee wun)	Stands for Forced Expiratory Volume in 1 second. A PFT or spirometry test tells you what your FEV ₁ is. The FEV ₁ number tells your care team how well your lungs are functioning
Flare-up	(fl-air up)	Another word for exacerbation
Germ	(jer-mz)	Organisms that can cause infection. This includes bacteria, fungi and viruses

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High-frequency chest wall oscillation	(hi free-kwen-see chest wall os-sil-a-shun)	An ACT that involves wearing an inflatable vest attached to a machine that vibrates quickly to loosen mucus in the lungs
Hypertonic saline (HTS)	(hy-pur-ton-ik say-leen)	Extra-salty water that is sterile which helps a person with CF cough up mucus
IEP/504 plan	(eye ee pee plan)	A plan between a child's family and a school to help meet the child's learning needs—includes things like allowing absences and taking treatments at school
Immune system	(ih-myoon sis-tum)	A body system that helps protect your body from disease
Insulin	(in-suh-lin)	A hormone made by the pancreas that helps sugar move from the blood into the cells
Malabsorption	(mal-ob-zorb-shun)	When the body does not absorb nutrients from food. In CF, mucus may make it difficult for people to normally digest food which makes it hard for the body to grow and stay healthy
Metered dose inhaler (MDI)	(me-terd dose in-hay-lur)	A device that helps a person to inhale a pre-measured amount of medicine
MRSA	(mer-sa)	Stands for methicillin-resistant <i>Staphylococcus aureus</i> , a bacteria that can cause an infection on the skin and in the lungs
Mucolytic	(mew-ko-li-tic)	Medicine that thins mucus, making it easier to cough out
Mucus	(mew-kus)	Sticky stuff inside your nose, mouth, lungs, stomach, and intestines that protects and lubricates your body
Mutation	(mew-tay-shun)	A change in how a gene should work
Nebulizer	(neh-byuh-lye-zur)	A machine that turns liquid medicine into a mist that can be breathed in
Osteoporosis	(oss-tee-oh-puh-roh-sis)	A condition that some people with CF have, in which bones are weakened from a loss of bone density, and as a result, may break easily
Pancreatic insufficiency	(pan-kre-ah-tik in-suf-fish-en-cee)	A condition common in CF where the person is unable to digest food properly, which leads to the malabsorption of nutrients, or even malnutrition
PICC line	(pik lyne)	Short for Peripherally Inserted Central Catheter, it is a long, very thin, flexible tube that is usually placed into one of the large veins in the arm, often just above or just below the elbow

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PEP	(pep)	Short for Positive Expiratory Pressure, an ACT that helps move mucus into the larger airways of the lungs
PFT	(pee ef tee)	Short for Pulmonary Function Tests, tests to check lung function or FEV1 by measuring air flow and lung volumes
Practitioner	(prak-tish-shun-er)	Another name for a doctor or other healthcare professional
Pseudomonas	(Soo-duh-moan-us)	<i>Pseudomonas aeruginosa</i> are strains of bacteria that are widely found in the environment and a major cause of lung infections in people with CF
Psychologist	(cy-kol-lo-gyst)	A member of the CF care team who may help you to identify and treat problems with behavior and emotional challenges, and overcome issues with balancing treatments and other parts of your life
Spacer	(spay-sur)	A spacer makes it easier to use an inhaler. It attaches the inhaler to a mouthpiece or mask. When the medication from the inhaler is released, it's held in the spacer until the person is ready to breathe it in
Spirometer or Spirometry	(spih-rah-muh-tur)	A spirometer is an instrument that measures how well your lungs are working. A recording device measures the amount of air inhaled or exhaled and how much time each breath took
Sputum	(spew-tum)	Mucus or phlegm coughed up from the lungs
Staph	(staff)	Short for <i>Staphylococcus</i> , a type of bacteria that can cause infections
Sterile	(st-ryl)	Having no germs
Stool	(st-ool)	Another word for poop
Symptom	(simp-tum)	Body changes like a fever, increased cough, or wheezing that let you know something is not right
Vaccine or Vaccinations	(vak-seen)	Another word for immunizations or what most kids call a shot; they help protect you against disease
Vitamin	(vy-ta-min)	Help our bodies grow, function normally, and fight illness