

SAVE

PRINT

RESET FORM



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.

Name: _____

Date: _____



LIFESTYLE

1 If you are feeling overwhelmed by your feelings, you should talk to:

- a. Your mom or dad
- b. Your teacher
- c. A member of your CF care team
- d. Any of the above

2 Exercise can help:

- a. Keep your lungs healthy
- b. Improve your appetite
- c. Reduce stress
- d. All of the above

3 Which of the following is not a good example of exercise?

- a. Playing video games
- b. Riding your bicycle
- c. Hiking
- d. Playing sports

4 True or false? People with CF need to drink more fluids (like sports drinks) when they sweat to replace salt in their body.

- a. True
- b. False

5 People with CF should not:

- a. Use hot tubs
- b. Share nebulizers
- c. Smoke
- d. All of the above

6 What may be a sign that my body doesn't have enough salt?

- a. Feeling weak or tired
- b. Throwing up
- c. Having a stomach ache or cramps
- d. All of the above

7 When exercising you should:

- a. Eat salty foods before you start
- b. Stop for a big drink of water/sports drink at least every half hour
- c. Eat salty foods after you finish
- d. All of the above

8 True or false? Breathing tobacco smoke, including secondhand smoke, is harmful to the lungs of all people—especially those with CF.

- a. True
- b. False

9 Smoking is especially bad for people with CF because:

- a. It can keep lungs from growing
- b. They are more likely to get respiratory tract infections
- c. It causes faster decline in lung function, as measured by Forced Expiratory Volume in 1 Second (FEV₁)
- d. All of the above

10 True or false? Even the particles left behind on a smoker's clothes, skin, hair, and breath can irritate the airways of people with CF.

- a. True
- b. False



LIFESTYLE

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.

- 11 True or false? Vaping, smoking e-cigs, or smoking a hookah is not the same as smoking cigarettes and is OK for people with CF.**
- True
 - False
- 12 Things that make your bones weak and should be avoided by people who have CF are:**
- Alcohol
 - Caffeine and soda
 - Tobacco smoking
 - All of the above
- 13 True or false? As your age changes, your sleep requirements change.**
- True
 - False
- 14 Not getting enough sleep can cause:**
- More lung infections
 - More worry or depression
 - More mood swings
 - All of the above

SAVE

PRINT

RESET FORM