

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: _____



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