

SCREENING & PREVENTION

Name: _____

Date: _____

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. If your CF care team suspects that you have CF liver disease, they may:

- a) Perform a clinical exam to look for an enlarged spleen or bumpy liver
- b) Take a blood test
- c) Order an ultrasound or CT (computed tomography) scan
- d) All of the above

2. Which of the following can help you prevent CF liver disease?

- a) Getting vaccinated against human papillomavirus (HPV) and hepatitis A and B
- b) Avoiding excessive alcohol
- c) Maintaining good nutrition
- d) All of the above

3. Many people with CF liver disease are not aware that they have it because:

- a) There are no symptoms
- b) They are focused on lung and digestive symptoms
- c) They do not feel symptoms until many years after the disease has started
- d) None of the above

4. Starting at age 10 your CF team will check your blood glucose:

- a) To see if you are eating enough
- b) Because people with CF have a higher chance of developing diabetes
- c) To see if you are doing your treatments
- d) To see if you need more vitamins

5. A person with CF also has risk of:

- a) Pancreatic insufficiency
- b) Diabetes
- c) Liver disease
- d) Osteoporosis
- e) All of the above

6. To make sure you remain well, you should:

- a) Have a lung function test only once per year
- b) Attend CF clinic as advised by your CF team
- c) Be screened for CF-Related Diabetes for the first time after the age of 18
- d) Maintain a low-fat, low-calorie diet

7. Early identification and treatment of CFRD (Cystic Fibrosis-Related Diabetes) leads to better:

- a) Nutrition
- b) Weight
- c) Lung health
- d) All of the above