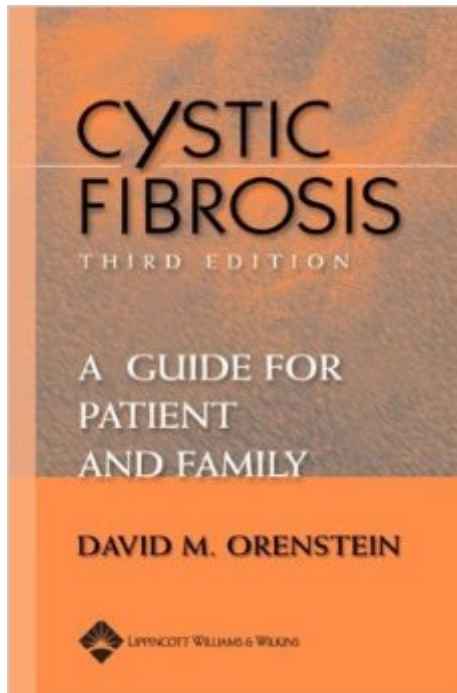


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# Cystic Fibrosis: A Guide For Patient And Family



## Synopsis

Written by Dr. David Orenstein, director of one of the nation's leading CF centers, this one-of-a-kind guide offers clear explanations and real-world advice on cystic fibrosis and its management. Here you'll find practical and reassuring information on day-to-day concerns—school, travel, exercise, nutrition, medication—as well as on physiological effects, long-term issues, and prospects for a cure. Cystic Fibrosis offers straightforward answers to the questions most frequently asked by patients and families—what causes cystic fibrosis; how it affects body systems; what pharmacological, surgical, and physical therapies are most effective; what roles exercise, diet, and nutrition play; what complications can occur and how they can be managed; when and why a lung transplant should be considered; what psychological effect the disease has on the patient's family; and how the special needs and concerns of adult CF patients can be addressed. The Third Edition is updated and revised throughout.

## Book Information

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## Customer Reviews

This book is an essential read for: Anyone who has a child with CF, anyone who has a friend with CF, anyone who has a sibling with CF, anyone who has a spouse with CF, anyone who has a parent with CF, anyone who works with people with CF. In short, if you have any contact at all with someone with CF, this book can help educate you. I have had CF for 25 yrs now, and I learned more than a few things.

My daughter was just diagnosed with CF. The pulmonary specialist gave me a copy of this book and I couldn't put it down. It is certainly a valuable reference tool in how to best combat this condition. We only hope a third edition will be put into print soon so as to update all of us on the constantly changing advances made in the field. Buy this book and keep it accessible, you will need it!

Since my daughter was diagnosed 11 years ago with CF I have searched for any bit of material of this disease I could find. What I did find was bits and pieces that did not cover all the aspects of CF. This book leaves nothing out. I have shared it with my whole family.

This book is a must-read for all parents that have children who are diagnosed with Cystic Fibrosis. It answers many questions before you even know how to ask them! It explains what is going on in the body in terms that anyone can understand. Reading this book helped me to understand what the doctors were telling me at one of our appointments. I highly recommend it.

My daughter was diagnosed in 1997 at 1 month of age. Fortunately for our family we had the best specialist to help diagnose and treat her condition almost from day 1 of her life. And her doctor is none other than Dr. Orenstein himself (or just Dr. O to us). I can speak from personal knowledge that he is without a doubt the most informative doctor I have ever been around. He truly cares about the children in his care and he takes a proactive role in their health and well-being. His book is considered the CF bible by those in the know in the Pediatric Pulmonary field. As you read this picture a man with a bow tie and sandals explaining this to you. It is very easy to read and understand which when it comes to this disease is very important. I am happy to say that my daughter is almost 12 and thanks to Dr. O and his staff is in excellent health. If you know someone with this disease get them this book or better yet get it for yourself as well. Knowledge and understanding of the disease can really help.

Im a teenager and was diagnosed with CF when I was born in 1989. It was recently that I wanted to do some more reading on my disease. I looked through some books and was shocked by what I was reading. As many of you know, the out-of-date books on CF can have some very frightening information, like death and more infections, and etc. It was I discovered this book that I was so much more relaxed about my condition. This book is up-to-date and tells the real facts about this disease. After reading this, my disease doesn't scare me anymore. If you are a teen, like me, I

suggest you read this. If you know anybody with CF, you should read this book or have them read this. Don't let them read those early books on CF with the grim facts...have them read this with the true and helpful facts.

This book should be in the home of anyone with CF, a CF family member or knows someone with the genetic disease. The book is written in an easy to understand format. My husband and I walked into our meeting with our new CF team feeling empowered and able to keep up with what the doctors and other team members discussed. I especially like the sections meant to help older kids, teens and adults with CF, there was something in each chapter to help us prepare for the years to come. CF is hard, you want to go screaming for the hills when you first hear the news but pick up this book to help save your sanity!

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