



Name: _____

Date: _____

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.



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

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- 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.**
- a. True
 - b. False
- 12 Things that make your bones weak and should be avoided by people who have CF are:**
- a. Alcohol
 - b. Caffeine and soda
 - c. Tobacco smoking
 - d. All of the above
- 13 True or false? As your age changes, your sleep requirements change.**
- a. True
 - b. False
- 14 Not getting enough sleep can cause:**
- a. More lung infections
 - b. More worry or depression
 - c. More mood swings
 - d. All of the above