

How do you take care of CFRD?

Here are three things to do to stay healthy with CFRD:

1. Take insulin to control your blood sugar.
2. Check your blood sugars daily.
3. Learn how to eat the foods that will help your blood sugar stay at 80-130 mg/dl.



- A person with CF needs to eat many calories!
- Choose foods that will not make your sugar go high.
- Foods with fat, protein and carbohydrates such as peanut butter sandwich, milkshake, or a slice of pizza are good choices.

The nurses and doctors will help you to learn all the facts about CFRD!

What to know:

- Diabetes can occur in people with cystic fibrosis (CF).
- Diabetes is caused by a problem with the insulin.
- People with diabetes are not getting the right amount of insulin.

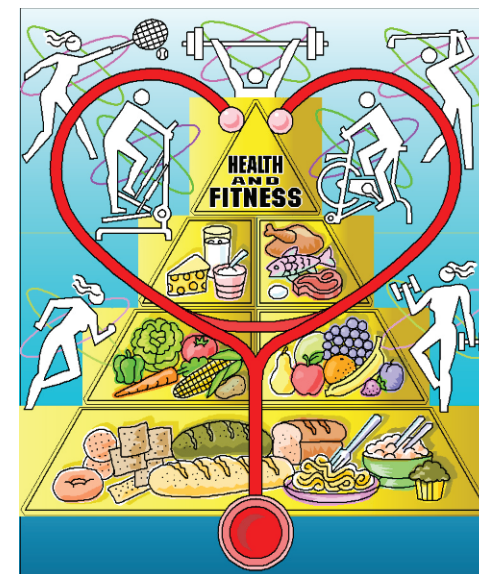
What is insulin?

- Insulin is a hormone that helps the body digest carbohydrates.
- Everyone needs carbohydrates to have a healthy body and healthy lungs.
- Carbohydrates are turned into sugar or glucose during digestion.
- To have healthy levels of glucose your body must have the right amount of insulin.

Why do people with CF get diabetes or CFRD?

- Insulin is made by the pancreas organ.
- CF damages the pancreas causing scars and thick mucus. The pancreas cannot make enough insulin.
- If you do not have enough insulin you will have high blood sugars.

Checking your blood sugar at different times of the day will help to know if you have CFRD.



Cystic Fibrosis-Related Diabetes (CFRD)

An Introductory Guide

Choose these snacks. They will not make your blood sugar go up fast:

- Apple with peanut butter
- Fruits
- Peanuts, almonds or nuts
- Ice cream
- Cheese
- Cheese and tortilla
- Tacos, burritos
- Oatmeal cookie with whole milk
- Bacon, slices of meat
- Sandwiches: peanut butter & jelly, meat, cheese
- Macaroni and cheese



Insulin:

There are two types of insulin used for people with CFRD:

1. Glargine (Lantus) is the long acting insulin; take one time a day.
2. Lispro (Humalog) or Aspart (Novolog) is the rapid acting insulin; take before eating and when the blood sugar is high.

Care for your CFRD:

- Check your blood sugar to make sure you have the right dose of insulin.
- Know how to take care of a low blood sugar.
- Do not let your blood sugar stay high.
- High blood sugar makes it:
 - easy for your body to get infections.
 - hard for your lungs to breathe well.

For more information visit the Cystic Fibrosis Foundation website at : www.cff.org

Try to avoid these types of snacks. These are simple carbohydrates that make your blood sugar rise quickly. They do not help your CFRD:

- Regular soda
- Drinks with sugar
- Large amounts of juice
- Candy: jelly beans, Skittles, gummy bears, and other candies that contain only sugar



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