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Nutritional Management of Cystic Fibrosis

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Message from the Guest Editors

Cystic Fibrosis is an inherited disease that starts in utero. The effects are seen throughout the body, changes in the lungs, gastrointestinal tract, pancreas, and liver primarily impact nutritional status. Malnutrition and growth failure were the hallmarks of the disease. Patients with pancreatic insufficiency require pancreatic enzyme replacement therapy and fat-soluble vitamin supplements. With improvements in many areas including newborn screening, nutrition supplements, pancreatic enzymes, CFTR modulator drugs, inhaled antibiotics, life expectancy has increased. In this issue, we will review the latest information on CFTR modulators and how they may change the presentation of CF in children and adults, changes in the gut microbiome, understating the importance of lean body mass, optimizing nutritional status, pancreatic enzyme replacement therapy, bone health and micronutrient abnormalities and treatment of CF-related diabetes. Pediatric and adult providers both need to be aware of the nuances of care as more patients with CF become adults. Optimizing nutritional status, anticipating and preventing the complications of CF will result in best management practice

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