

## 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.



## 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.

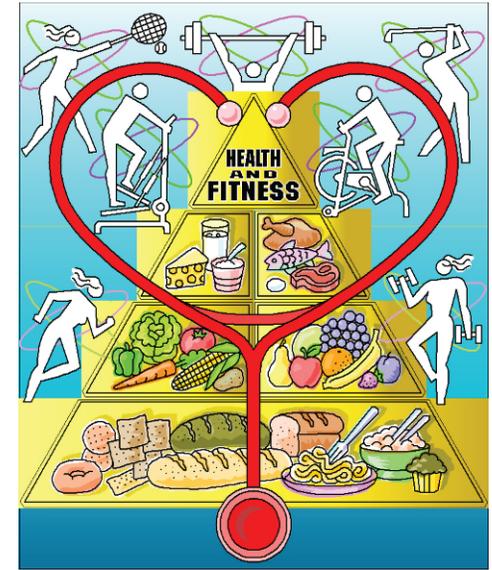
## What is insulin?

- 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](http://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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