MAP OF PROVINCES THAT CONTRIBUTED TO THE SACFR IN 2018

449*
REGISTERED PATIENTS ACROSS 16 CF CENTRES IN 4 PROVINCES
*12 patients were excluded as their diagnosis was unconfirmed

MEDIAN AGE AT DIAGNOSIS
7.7 MONTHS

PROPORTION OF CHILDREN AND ADULTS

GENETICS

- **F508del** is the most common CF-causing mutation in SA.
- **3120+1G>A** is the second most common CF-causing mutation in SA accounting for 68% of other mutations.
- People with CF have **two CF-causing mutations**, one inherited from the mother and one from the father.
- **Homozygous**: both mutations are the same.
- **Heterozygous**: the two mutations are different.
**LUNG FUNCTION MEDIAN FEV1 PERCENT PREDICTED**

*Excludes 11 patients with previous lung transplants*

**CHILDREN (< 18 YEARS)**  
87% FEV1% MEDIAN (85% MEAN)

**ADULTS**  
65% FEV1% MEDIAN (65% MEAN)

- **FEV1** is a measure of lung function. It is the maximum amount of air that can be forcefully exhaled in the first second after taking a deep breath.
- **FEV1%** is a percentage of the average value for healthy people of the same age, gender and height, which is set at 100%.
- From the age of 8 children with CF have a lower average BMI score than their healthy peers.
- Healthy adult peers have values for BMI between 18 and 25.
- As people with CF get older BMI increases.

**CHRONICALLY INFECTED WITH PSEUDOMONAS AERUGINOSA IN THEIR LUNGS**  
34.5% of patients did not have a minimum of 4 sputum tests.

**CHRONIC PSEUDOMONAS AERUGINOSA:**  
CHILDREN: 14%  
ADULTS: 42%

**USE HYPERTONIC SALINE TO HELP CLEAR THICK MUCUS FROM THEIR LUNGS.**  
26.3%

**USE INHALED ANTIBIOTICS TO HELP CLEAR BACTERIAL INFECTIONS IN THEIR LUNGS.**  
50.3%

**LIVING WITH LUNG TRANSPLANT (n=10)**  
2%

**LIVING WITH LIVER TRANSPLANT (n=2)**  
0.5%