



Cystic Fibrosis Research News

Title:

Men's Health in the Modern Era of Cystic Fibrosis

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What was your research question?

What are the priority areas for research and care regarding the sexual and reproductive health of men with cystic fibrosis?

Why is this important?

The majority of men with cystic fibrosis are infertile and may also have low levels of testosterone leading to decreased muscle mass, low bone density, and a worse quality of life. There are significant gaps in sexual and reproductive health care for men with CF, so it is important to address these gaps to improve care and counselling for the future.

What did you do?

We gathered a group of experts, including cystic fibrosis doctors, endocrinologists, men's health specialists, and patient and family stakeholders and we identified the most critical areas for research and care management in the future: infertility, low testosterone management, and sexual and reproductive healthcare delivery.

What did you find?

We found that the impact of the latest cystic fibrosis treatment options on men's health remains unclear, and this should be a priority area for research going forward.

What does this mean and reasons for caution?

This means that we still have much to learn about our options for men with cystic fibrosis.

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What's next?

More research into the impact of the latest treatments on fertility and testosterone levels and the development of care guidelines and interventions to help improve the delivery of sexual and reproductive health care for men with cystic fibrosis.

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