



Cystic Fibrosis Research News

Title:

Pregnancy in Cystic Fibrosis: Review of the Literature and Expert Recommendations

Lay Title:

Review of pregnancy in Cystic Fibrosis

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What was your research question?

The aim of this work was to summarize studies published thus far on women who experience pregnancies in the setting of CF and highlight the gaps in knowledge.

We also summarize recommendations for care from experts in the field.

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Why is this important?

Due to therapeutic advancements, there are more women than ever experiencing a pregnancy who have CF. Little information is available on the impact of pregnancy on their health and decisions regarding medications to continue in the setting of pregnancy. We summarize the data and recommendations from experts in the field.

What did you do?

We gathered a panel of experts in CF care, family planning, high risk obstetrics, nutrition, genetics and women with CF to review current literature on pregnancies and to provide care recommendations for this unique population.

What did you find?

The majority of information regarding pregnancy in CF is based on retrospective databases or single site studies. Little high-quality data is available.

What does this mean and reasons for caution?

Adult focused topics such as reproductive health are becoming increasingly important, but we have much to learn to provide high quality evidence of providers and people with CF regarding care and decisions when planning a pregnancy.

What's next?

A large multi-site prospective study will begin in 2021 to follow women who experience pregnancy with Cystic Fibrosis. The study is sponsored by the CF Foundation and is titled, "Maternal and Fetal Outcomes in the Era of CFTR modulators" (MAYFLOWERS).

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