

# Cystic Fibrosis Research News

**Title:**

2023 Year in Review – Back to the Future

**Lay Title:**

2023 Year in Review Literature Review

**Authors:**

Luca Cristiani <sup>a</sup>

Flávia Fonseca Fernandes <sup>b, c, d</sup>

**Affiliations:**

<sup>a</sup>Pneumology and Cystic Fibrosis Unit, Bambino Gesù Children's Hospital IRCCS, Rome, Italy.

luca.cristiani@opbg.net

<sup>b</sup>Medicine Department, Universidade Federal de Catalão, Catalão, Brazil.

flavia.fonseca@ufcat.edu.br

<sup>c</sup>Pneumology Unit, Hospital de Base do Distrito Federal, Brasília, Brazil.

<sup>d</sup>Thoracic Diseases Unit, Hospital Regional da Asa Norte, Brasília, Brazil.

**What was your research question?**

Which were the milestones of cystic fibrosis (CF) research published in 2023?

**Why is this important?**

Understanding the latest research helps patients, caregivers and clinicians to stay tuned about improvements in CF care.

**What did you do?**

We reviewed notable scientific articles published in 2023 within the CF field, summarizing the key findings and implications for the treatment and management of CF.

**What did you find?**

We reviewed more than 30 papers, ranging from the efficacy and safety of CFTR modulators, especially elexacaftor-tezacaftor-ivacaftor, to insights into novel therapeutic and diagnostic approaches. We also selected important papers regarding novelties in nutritional and maternal care, the appropriate use of antibiotic therapies and advances in managing pulmonary exacerbations.



# Cystic Fibrosis Research News

## **What does this mean and reasons for caution?**

These findings show that there are exciting improvements in how we treat CF, like new medicines and better ways to manage the condition. However, we need to be careful and think about possible risks, like side effects from treatments. It is crucial to keep looking for ways to make CF care better for all the patients.

## **What's next?**

Year after year medical research in CF field is contributing to the implementation of CF care with a great impact in patients and carers lives. Still, efforts are needed to address remaining challenges, such as the optimization of treatment strategies for everyone. Exploring innovative therapies beyond CFTR modulators is the key to the future.

## **Original manuscript citation in PubMed**

<https://pubmed.ncbi.nlm.nih.gov/38431442/>