

Cystic Fibrosis Research News

Title:

Characteristics of people with CF aged 40 and older in the United States Journal of Cystic Fibrosis

Lay Title:

Aging and CF in the United States

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What was your research question?

The objective of this study was to characterize a wide range of clinical indicators for adults with CF older than 40 years of age.

Why is this important?

This is important because these data are needed to plan the design of research studies, inform CF care delivery practices and quantify this population impacted by future policy decisions.

What did you do?

We conducted a descriptive analysis of people with CF 40 years of age and older using CF Foundation Patient Registry data from 2022 to provide a current estimate of the population size and characteristics.

What did you find?

The older CF population is enriched with more individuals with milder phenotypes than younger age groups. We report characteristics of those ≥ 60 years of age showed later age of CF diagnosis, higher proportion of female sex, and lower prevalence of pancreatic exocrine insufficiency and CF-related diabetes. Adults with CF age 40-59 years old were generally diagnosed as children and have experienced decades of CF therapies and complications, but also have been impacted the most by ETI with greater numbers of eligibility and prescriptions.



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What does this mean and reasons for caution?

We suspect such differences between older and younger adults may continue to be attributed to a possible survival advantage as concluded by earlier studies. Providers, researchers, and policy makers alike should consider the unique and diverse care needs of a growing and aging adult CF population. We acknowledge these data are specific to the United States and may not reflect the experience of older adults with CF in other country settings.

What's next?

These data can be used to help design future studies to understand the needs of older people with CF. This research can help advocate for increased provider knowledge in adult CF identification, improved national policies, and additional resources for this vulnerable group.

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