



Children's Hospital Colorado

Affiliated with
University of Colorado
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To Whom It May Concern:

This letter concerns a family member of Victoria Bard who has Cystic Fibrosis (CF). Victoria requested this letter from me to provide additional information about CF.

CF is a life-shortening, inherited disorder that affects the way salt and water move into and out of the body's cells. The most important effects of this problem are in the lungs and the digestive system, where thick mucus blocks the small tubes and ducts. The lung problem can lead to progressive blockage, infection, and lung damage, and even death if there is too much damage, while the pancreatic blockage causes poor digestion and poor absorption of food, leading to poor growth and malnutrition.

A baseline treatment regimen for CF includes the following:

- Twice daily breathing treatments and chest percussion therapy: roughly two hours daily which is increased in the setting of illnesses.
- Three meals and two snacks daily, all of which require extended time to make and time to complete, minimum 2.5 hours .
- Administration of oral medications account for an estimated 45 minutes, minimum.

A high-calorie, high protein is absolutely necessary to ensure adequate nutrition and hydration of patients with Cystic Fibrosis. It is well documented in the literature that poor growth has a direct correlation to worsening lung disease.

Additional breathing and chest percussion do cause patients with CF to miss school and extracurricular activities. A CF patient is at constant risk for a decline in pulmonary function and would then require hospitalization for IV antibiotics and aggressive respiratory care as well as nutritional rehabilitation.

I hope this information is of help to you.

Sincerely

A handwritten signature in cursive script that reads "Jordana Hoppe".

Jordana Hoppe, MD
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