

# Quality of Life and Sleep With Cystic Fibrosis

Cystic Fibrosis (CF), which harms the lungs and the digestive system, impacts the lives of 1 in 3,000–4,000. While people of all ages suffer from the moment CF sets in, we often only hear about the cases of young children's suffering.

Recently, a case study of a 34-year-old woman detailed how, from the age of 12, she suffered from a chronic cough that had been dismissed as allergies. As a college athlete, her cough worsened, and her breathing shortened. She was tested, and the test confirmed that she had CF.

Every two or three months, she suffered from upper respiratory and sinus infections. She wanted to increase the functionality of her immune system, without relying on antibiotics. So, she presented to chiropractic care in hopes that by restoring optimal functioning of her nervous system that her immune system would also function at its best.

After six months of care, she reported a decrease in antibiotic usage as well as overall improvements to her health, such as better breathing, sleeping, and decreasing recurrent infections.

While medications can be useful and necessary, they are not always the only option. In this case, antibiotics may have helped to relieve her infections, but when diseases are chronic, wouldn't we rather remove the cause of these infections to stop them from happening again?

Chiropractic care may not be the cure for CF, but it can help the body to function at its best by providing the nervous system with its best chance. As a result, symptoms of bodily dysfunctions and compromised systems can decrease and ultimately disappear.

Stone-McCoy, P., Smith, A. L., & Alcantara, J. (2019). Improvements in Quality of Life & Sleep Along with Decreased Infections & Antibiotic Use in a Patient with Cystic Fibrosis: A Case Report & Review of the Literature. *A. Vertebral Subluxation Res*, 158–161.



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