



Nebraska Department of Health  
and Human Services

## FACT SHEET FOR CYSTIC FIBROSIS (CF) CARRIER

### WHAT IS CYSTIC FIBROSIS (CF)?

It is an inherited disorder. The genes that cause CF are inherited from both parents. CF causes the body to produce abnormally thick mucus that can clog the lungs, pancreas and other organs.

### If my baby is a CF carrier, what does that mean?

Your baby has only inherited one CF causing gene from one parent, which means your baby is a **carrier of the CF gene**. **Your baby will not get the disease as a result of this.** Two CF genes, one from each parent, are needed to cause CF.

### HOW CAN BEING A CF CARRIER AFFECT YOUR BABY'S HEALTH?

Your baby will not have health problems because he/she is a carrier, but can pass the gene onto their children.

### WHY IS THIS TEST RESULT IMPORTANT TO KNOW?

Since your child is a carrier at least one of his/her parents or both carry a gene for CF. You might want to consider genetic counseling and testing to see if only one or both parents are carriers. The results of parental testing can help with understanding the chances of having children with CF. Each time two carriers have a baby, there is a 25 percent chance their baby may have CF.

### WHAT SHOULD A PARENT DO WITH THIS TEST RESULT?

If your baby is a CF Carrier, you should make sure that this information is included in your baby's medical record to eliminate the need to have any more tests done.

When your baby is older, you should be sure your child understands that he/she may have a baby with CF if they have a baby with another CF Carrier. Each time two carriers have a baby, there is a 25 percent chance their baby may have CF.

### WHO CAN I CONTACT FOR MORE INFORMATION?

- Your baby's Health Care Provider
- An Accredited CF Center such as:
  - University of Nebraska Medical Center  
42<sup>nd</sup> and Dewey, Omaha, NE 68198  
Phone: (402) 559-6275
  - The Children's Hospital  
1056 East 19<sup>th</sup> Ave, Denver, CO 80218  
Phone: (720) 777-6181
- **Nebraska Chapter of the Cystic Fibrosis Foundation**  
2679 Farnam Street Suite 205  
Omaha, NE 68131  
Phone Number: (402) 330-6164
- **Nebraska Newborn Screening Program**  
301 Centennial Mall South  
Lincoln, NE 68509  
Phone Number: (402) 471-6558  
Email: newborn.screening@hhss.ne.gov