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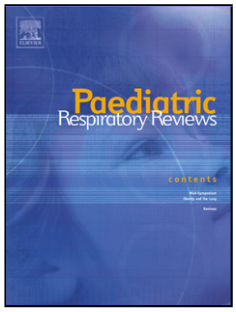

Title: Question 12: What do you consider when discussing treatment adherence in patients with Cystic Fibrosis?

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PII: S1526-0542(17)30039-8
DOI: http://dx.doi.org/doi:10.1016/j.prrv.2017.04.002
Reference: YPRRV 1214

To appear in: *YPRRV*

Please cite this article as: Ohn Mon, Fitzgerald Dominic A.Question 12: What do you consider when discussing treatment adherence in patients with Cystic Fibrosis?.*Paediatric Respiratory Reviews* http://dx.doi.org/10.1016/j.prrv.2017.04.002

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ACCEPTED MANUSCRIPT

CYSTIC FIBROSIS FREQUENTLY ASKED QUESTIONS

Question 12: What do you consider when discussing treatment adherence in patients with Cystic Fibrosis?

Submitted April 9th 2017.

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The successful management of any chronic disease demands life-long commitment of adherence to therapy. Logically, it is assumed that poor adherence can have serious negative consequences on quality of life and life expectancy. Nonetheless, poor treatment adherence is a common problem and its aetiology is multifactorial.

Cystic fibrosis (CF) is a chronic, progressive and degenerative condition which has improving therapies but no cure. The advances in prevention and treatment regimen have contributed to increased longevity, with the median life expectancy now into the fifth decade.[1] From the paediatric perspective, aggressive management of cystic fibrosis lung disease and nutrition allows patients to enjoy normal activities, optimise education and vocational opportunities into adulthood. The price for an improved life span is the commitment of adherence to a time-consuming, repetitive, labour intensive and often complicated daily treatment regimen.

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