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BIOLOGICAL STATUS OF ADULT PATIENTS WITH CYSTIC FIBROSIS

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Survival beyond childhood of patients with cystic fibrosis is noted with increasing freuqency. The median life expectancy for cystic fibrosis is now over 30 years, and it is projected that in newborn infants it will become more than 40 years. The main goal of the present study was to assess the biological condition of adult patients with cystic fibrosis. Data of 55 patients, aged 18-31, suffering from cystic fibrosis years were evaluated. The biological condition was determined by means of the measurement of somatometric traits, nutritional status, and pulmonary function. The results showed a considerable physical retardation and a poor nutritional status of the patients. Almost 60% of the patients showed symptoms of malnutrition, ranging from slight undernutrition to emaciation. The result obtained showed a considerably greater variability in the assessed parameters in the cystic fibrosis patients compared with those in the healthy population. Significant relationships between the type of mutation and both the severity of clinical respiratory symptoms and the nutritional status were demonstrated.