

Website Announcement for www.hopkinscf.org

Title: Correlation of Self-Reported Physical Activity to Exercise Tolerance, Pulmonary Function, and Nutritional Status in Cystic Fibrosis

Description:

The purpose of this research study is to see if people with cystic fibrosis (CF) can use exercise to help improve their overall physical health and nutrition. CF is an inherited disease that involves the lungs. When lung disease is severe, people with CF can have problems with exercise and not know how much or how little exercise they are able to do. Exercise has been shown to make lungs healthier in CF and make people feel better in general. In this study, participants will take part in the 8-week exercise program, complete questionnaires and perform walking tests.

PI: Shruti M. Paranjape, MD

Contact: Shruti M. Paranjape, MD at (410) 955-2795

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