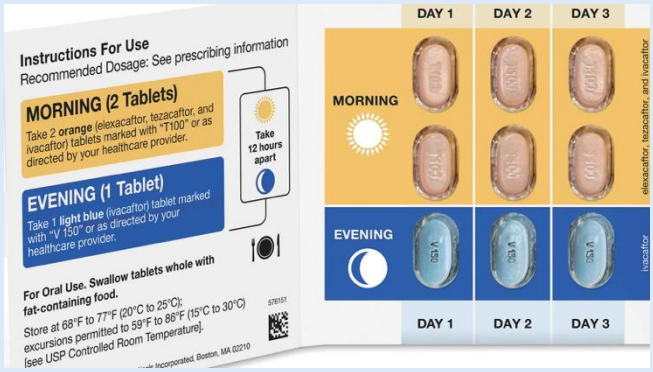
Your Contribution, Our Findings:
A Look at What YOU Have Achieved



Trikafta for ages 2-5

Big discoveries for little lungs! Children ages 2-5 with at least one copy of the F508del mutation took Trikafta for 24 weeks and saw major health benefits. The medication was safe, sweat chloride levels dropped by an average of 58 points, and lung function improved. We're proud to say that UNC contributed 7 participants to this global research effort! *NCT04537793

Bringing CF Care Home!

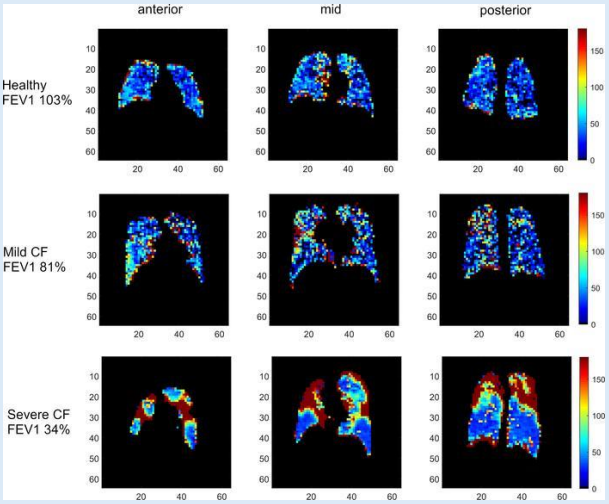
As telehealth grows, families want easier ways to get their CF care remotely – including respiratory cultures. In this multi-center study, 164 children and adults with CF tried collecting their own throat swabs at home. The results were impressive: 99% success, 88% found it easy, and 100% would do it again! Home samples closely matched clinic samples. This promising approach could help make remote care more accessible and convenient.

Simplify: Rethinking Daily CF Treatments

Can doing *less* still keep lungs healthy? The SIMPLIFY study showed that people with CF taking Trikafta could safely pause hypertonic saline or dornase alfa for 6 weeks with no meaningful changes aside from slightly more respiratory symptoms. For many doing well on ETI, lighter daily treatment may be possible! UNC enrolled 8 participants! *NCT04378153

If you're interested in participating in a study or learning more, please reach out to a CF research coordinator today! CFclinicalresearch@med.unc.edu

*You can also find more details on studies with NCT on www.clinicaltrials.gov



Seeing the Invisible: Finding What Spirometry Misses

Even when FEV_1 looks normal, CF lungs may not be. Using a new radiation-free imaging methods (19F MRI) researchers found hidden ventilation problems in people with CF – including those with normal spirometry. This technique revealed ventilation defects and slow gas wash-out that standard tests missed, making it a possible powerful tool for detecting early CF lung disease. To date, over 150 people at UNC have participated across five 19F MRI studies! *NCT03489590

PROMISE: Big Gains with ETI in Real Life

The real world put ETI to the test & the results were huge! In nearly 500 people with CF starting ETI, lung function jumped almost 10 points, sweat chloride fell, and symptoms improved sharply! Nearly everyone saw improvements – showing ETI delivers major benefits in everyday care. UNC recruited 15 adult and 10 pediatric participants! Patients at UNC also participated in studies showing improvement in lung ventilation in mucociliary clearance and MRI. *NCT04038047

CYSTIC FIBROSIS FOUNDATION
THERAPEUTICS
DEVELOPMENT NETWORK

PROMISE

CALM: Reducing Stress, Restoring Balance

What if six virtual sessions could lighten the mental load of CF? The CALM trial showed that a brief telehealth program significantly reduced depression and anxiety in adults with CF, with results lasting for months! Participants reported less stress, stronger coping skills, and improved vitality, with high satisfaction. CALM offers an accessible, evidence-based way to support mental health across CF care. Thanks to incredible engagement, 48 adults from UNC helped power this important trial!

If you're interested in participating in a study or learning more, please reach out to a CF research coordinator today! CFclinicalresearch@med.unc.edu

*You can also find more details on studies with NCT on www.clinicaltrials.gov