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Need to schedule a visit? Call  
us at (503) 494-1620

## Adult CF Newsletter Volume I, Winter Edition

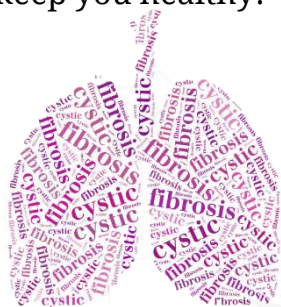


# 32%

The Cystic Fibrosis Foundation recommends attending clinic at least **4 times per year with 4 respiratory cultures** and 2 pulmonary function tests (PFTs). At OHSU, *only 32% of our patients* achieved this in 2016. Our goal is to reach 100% this year!

### Why Do a Culture?

Sputum cultures allow us to provide the best possible treatment for you. Your sputum culture is tested for different types of bacteria so that we can determine which antibiotics will kill the bacteria. Over time, some strains may become resistant to different antibiotics. Having cultures done regularly allows us decide if we need to make changes to what antibiotics you are taking. Even if you are feeling good, you should come to your appointments as this allows us to monitor your health over the course of the year. It also helps you stay up-to-date and keep you healthy!



### Research Bulletin

Interested in participating in research? We have many studies coming up. Contact our team at 503 494-8023 (dial option 5) or visit [cff.org/finder](http://cff.org/finder) to learn more and get involved!

### CF Team Spotlight



Dr. Allada was born and raised in Michigan and attended the University of Michigan for his undergraduate and medical school education. He currently serves as the general pulmonary

clinic director, the adult cystic fibrosis director and the medical director of the OHSU Physician Assistant school. In addition, he participates in clinical research trials for promising CF therapies. He serves on the national Cystic Fibrosis center committee and is a board member of the Oregon Chapter of the Cystic Fibrosis Foundation.

### Stay Tuned...

Be on the look out for a pre-clinic visit planning (PVP) planning message in your MyChart. Not signed up for MyChart yet? Ask us how at your next appointment!