

March 2023

Volume 5 Issue 1

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Body Composition

For many years, the standard practice of care in CF care clinics has focused mainly on the use of BMI to determine the nutritional health of those with CF. This is because people with CF tend to have a lower BMI as (due to their condition) many are unable to efficiently absorb nutrients and are therefore at greater nutrition risk. Research data has shown that for adults with CF, pulmonary function and nutrition status are related and improvements in one metric are associated with improvements in the other.

BMI, however, is not the most accurate indicator of health status as there are many factors it does not take into consideration. For instance, BMI does not distinguish between excess fat, muscle, or bone mass. A normal balance of body fat and muscle are associated with good health and longevity.

With recent advancement in CF treatments (such as CFTR modulators), many CF patients have had successful weight gain. However, current research is starting to show that most of this weight gain is in fat mass. This may lead to health issues in later life, including insulin resistance, cardiac risk, heart disease, stroke, kidney disease, and may even negatively affect lung function. Therefore, increases in fat-free mass is ideal during weight gain. CF care clinicians are now recommending, in addition to the BMI, also using body composition as part of the health assessment to help identify type of weight changes. This will better allow CF care centers to provide the appropriate counseling, recommendations, and nutrition education to CF patients to help them make effective changes to their diet and lifestyle choices.

One method used to help evaluate body composition is the bioelectrical impedance analysis (BIA). It is done by running an electrical current through the body. Different types of body tissue (muscle, fat, and bone) all have varying amounts of water content and, as a result, they all differ in terms of conductivity. The CHI St. Alexius Health Heart & Lung Clinic's Cystic Fibrosis center is planning to obtain a bioelectrical impedance machine for our patients to use at their CF visits. If you have any questions regarding body composition, please reach out to Samantha Snow, the CF dietitian, at 701-530-7877 or at samantha.snow@commonspirit.org.

Please stay tuned for more information!

Human Performance Center (HPC)

The Human Performance Center (HPC) at CHI St. Alexius Health is home to a multitude of departments and programs dedicated to providing the community with a wide variety of independent fitness opportunities. It houses a state-of-the-art fitness gym that includes more than 70 aerobic and weight training stations to help improve overall health and fitness. The gym at the HPC is the only gym in the Bismarck-Mandan area that exclusively employs fitness experts who hold a degree in a fitness related field.

Research has shown that exercise can be very beneficial for many medical conditions, including cystic fibrosis. Being physically active can not only help you feel better, but also help strengthen muscles, improve lung function and body composition, and may even reduce the need for hospital visits. The fitness experts at the HPC understand that each individual's response to their medical condition is unique, and they work with you to develop an exercise prescription that is tailored to your abilities and condition to help you meet your health goals.

The HPC does require a membership fee, however you may qualify for a discount or may even be eligible to have the membership fee covered by your insurance.

Human Performance Center (HPC) continued

HPC is an approved provider for:

- Blue Cross/Blue Shield
- Medicare
- Medicaid
- North Dakota Workforce Safety and Insurance
- Many commercial insurances

Blue Cross/Blue Shield and some commercial insurances no longer require physician referral for physical therapy services. **Service coverage varies with each insurance policy.** Always make sure you know what your insurance will allow. HPC is unable to keep up with all of the various contracts that exist and will assume that you understand and know your policy.

HPC is a participant of the **Silver Sneakers**, Silver and Fit and Blue Cross Programs. These programs have specific criteria for participation, record-keeping and fees. HPC is required to enforce all requirements of participation for those programs.

Hours of operation

Monday-Thursday 6:00 AM – 8:30 PM

Friday 6:00 AM- 7:30 PM (June, July, and August: 7:00 PM closing time)

Saturday 7:00 AM- 12:00 PM

Sunday 1:00 PM- 5:00 PM

Hours are subject to change

To learn more about services at the HPC or if you qualify for discounts, please call David Ukestad at **701-530-8108**.

Get Involved

There are many ways to support and connect with people with CF and their families. Some local opportunities include:

Cystic Fibrosis Foundation (CFF) Minnesota/ Dakotas Chapter: They have many opportunities for you to get involved. Your participation in any way will help them achieve their mission – finding a cure for all people with CF. They hold events throughout the year, including **Great Strides**, which is the Cystic Fibrosis Foundation’s largest national fundraiser. The event is held every year to help raise awareness and fund research for a cure for CF. This year, Great Strides will be held in Moorhead, MN on June 3rd, 2023. Please visit

https://fightcf.cff.org/site/TR/GreatStrides/80_Minnesota_Minneapolis?pg=entry&fr_id=9642 for more information.

Cystic Fibrosis Association (CFA): The Cystic Fibrosis Association of North Dakota was formed by parents of children with cystic fibrosis in 1980 to raise funds for research, education and assistance to persons suffering from cystic fibrosis. The Association is not affiliated with the Cystic Fibrosis Foundation or any other parent organization, nor does the Association accept or receive any government funding. Since its inception, the Association has assisted hundreds of North Dakotans and provided almost two million dollars in programs and services to assist North Dakotans with CF. Please visit

<https://www.cfand.org/> for more information.

Patient Advisory Council: Meet others who are touched by CF and share your experiences and expertise. If you are interested in participating in the patient advisory council, please contact our CF social worker, Christina Bond, LMSW at christina.bond506@commonspirit.org.

Important Dates:

Cystic Fibrosis Clinic Dates

March 16, 2023

April 20, 2023

May 18, 2023

Patient Advisory Council Dates

March 9, 2023 @ 6:30 PM

May 11, 2023 @ 6:30 PM

Your CF Team Members:

Dr. Monica Paulo

Dr. Jane Grorud

Dr. Parveen Wahab

Deb Fueller FNPC

Heidi Reiter FNPC

Leanne Saville PharmD

Stephanie Friedt RRT.RPFT

Emma Thompson, RN

Samantha Snow, RDN, LRD

Christina Bond, LMSW

37th North American Cystic Fibrosis Conference

November 2nd - November 4th, 2023 in Phoenix, AZ

More information is available at <https://www.nacconference.org/Home/>