



UNIVERSITY OF LEEDS

This is a repository copy of *Are adult cystic fibrosis patients aware of the importance of skin health and sun protection?*.

White Rose Research Online URL for this paper:  
<http://eprints.whiterose.ac.uk/118225/>

Version: Accepted Version

---

**Proceedings Paper:**

Office, D, Whitaker, P, Metcalfe, R et al. (1 more author) (2016) Are adult cystic fibrosis patients aware of the importance of skin health and sun protection? In: Journal of Cystic Fibrosis. 39th European Cystic Fibrosis Conference, 08-11 Jun 2016, Basel, Switzerland. Elsevier , S110-S110.

[https://doi.org/10.1016/S1569-1993\(16\)30470-2](https://doi.org/10.1016/S1569-1993(16)30470-2)

---

© 2016 European Cystic Fibrosis Society. Published by Elsevier B.V. This manuscript version is made available under the CC-BY-NC-ND 4.0 license  
<http://creativecommons.org/licenses/by-nc-nd/4.0/>

**Reuse**

Unless indicated otherwise, fulltext items are protected by copyright with all rights reserved. The copyright exception in section 29 of the Copyright, Designs and Patents Act 1988 allows the making of a single copy solely for the purpose of non-commercial research or private study within the limits of fair dealing. The publisher or other rights-holder may allow further reproduction and re-use of this version - refer to the White Rose Research Online record for this item. Where records identify the publisher as the copyright holder, users can verify any specific terms of use on the publisher's website.

**Takedown**

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing [eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk) including the URL of the record and the reason for the withdrawal request.



[eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk)  
<https://eprints.whiterose.ac.uk/>

Are adult cystic fibrosis patients aware of the importance of skin health and sun protection?

D. Office<sup>1</sup>, P. Whitaker<sup>1</sup>, R. Metcalfe<sup>1</sup>, D.G. Peckham<sup>1</sup>.

<sup>1</sup>Regional Adult Cystic Fibrosis Unit, St James' Hospital, Leeds, United Kingdom

With increasing life expectancy patients with CF are encountering medical complications that historically have never been an issue. Over the last 10 years three patients with CF have been diagnosed with skin malignancy at the Leeds Adult CF unit. Specific risk factors in CF include photosensitive medication, such as ciprofloxacin and anti-fungals, as well as immune suppression post-transplant. In view of this we undertook a questionnaire based survey of our adult patients' behaviours regarding sun health. The questionnaire was handed out to patients at routine outpatient appointments.

Results to date indicate that two thirds of our patients have been sunburnt in the last 12 months. Over half of patients never use any form of sun protection when going out in the sun and only 17% use sun cream most or all of the time. Over 40% of patients had used tanning beds in the past with a third of these using them regularly over the past 12 months. These high risk behaviours were also seen in patients post-lung transplant. In terms of medications almost 60% were able to name medications that increased the risk of sunburn; however, 20% did not know that medications increased the risk.

Once the study is completed we plan to implement an educational programme for patients. Particular attention will be paid to high risk groups such as post-transplant patients, patients who have had skin cancer, and patients who have a family history of cancer.