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The Cystic Fibrosis Reproductive and Sexual Health Collaborative (CFReSHC) published a sexual and reproductive health (SRH) resource guide for the Cystic Fibrosis (CF) community, women’s health providers, and related specialists online (<https://cfreshc.org/srh-guide/>) with a downloadable PDF version. The guide offers clinicians information and guidance on integrating CF-SRH into the clinic setting and increases awareness about CF-SRH topics. The 11 chapter guide written **by** women with CF **for** providers and patients covers: Incontinence, Body Image, (In)Fertility, Pregnancy, Family Building, Sexual Function, Hormones, Vaginal Health, Menopause, Contraception and Parenthood. Each chapter offers an overview of how the focus topic impacts adults with CF assigned female at birth. The guide reviews the extant scientific literature, provides priority questions to promote bi-directional communication, includes peer-to-peer advice, shares patient stories, offers a resource section with helpful links, and lists bibliographic information.

Routine Questions for Providers to ask Patients to Initiate Conversations about SRH

Acknowledge sexual and reproductive health as part of our CF. Are there any sexual or reproductive issues you are having that you would like to discuss?
Do you have an OB/GYN gynecologist that you see regularly who manages your gynecological and obstetric health?
Where are you in your menstrual cycle?
What kind of birth control are you on?
Are you sexually active?
Are you concerned about your contraception choice?
Are you protecting yourself from sexually transmitted infections?
Are you satisfied with your sex life and sexual function?
Are you planning to make any major reproductive decisions between now and your next clinic visit?
Do you have any questions or concerns about fertility or infertility?
Do you have a support system that you can rely on to help when needed if you choose to be a parent?
How are you doing emotionally? Are you navigating through any challenges you would like to discuss? I’m here to listen.