



# Physician Testimonial

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**The Children's Hospital of Philadelphia**

Patient: Eighteen year old female with Cystic Fibrosis and Asthma



## Testimonial

We saw the patient in the Cystic Fibrosis Center at the Children's Hospital of Philadelphia for a follow-up. I saw the patient ten days ago, and she was coughing, wheezing, very tight, and her pulmonary function tests had dropped significantly from earlier in February, and even October and August. We started her on a brief course of steroids, at 30 mg once daily, for six days, and patient also got a new chest PT modality called the Frequencer®.

In the last ten days, the patient has had a superlative improvement, with a substantial decrease in her cough, chest tightness, and overall symptomatology. She is feeling much better and was in very good spirits in the office today. Notably, she is producing clear white sputum with her Frequencer®, which is actually an improvement, since in general, she has not produced chest sputum with her previous chest PT. She is back to doing all of her routine therapies, and back at the gym doing the stair stepper with a very good exercise tolerance. Her stools are normal. The remainder of the review of systems was negative.

On physical examination the patient was well appearing. Her left nares was swollen and obstructed, as it frequently is. Her lung exam was significant for some coarse breath sounds posteriorly on the right, and a prolonged exhalation, but no fine crackles or wheezes. Her abdominal examination was normal.

### General Impression and Recommendations:

Patient is an eighteen-year-old young woman with cystic fibrosis and asthma who is substantially improved, as evidenced by an increase in her FEV1 from 2.12 l to 2.35 l, and in her FVC from 2.96 l to 3.37 l. These numbers are approximately as good as her numbers from last year in July and August, and even somewhat further back than that.

I recommended a trial of alternate day steroids at 10 mg of prednisone every other day to see if we could continue some of her symptomatic gains. I recommended continuing the Frequencer®, and it is my hope that this therapy will be approved by insurances, because I really strongly believe that the Frequencer® is the main reason that that the patient was able to avoid hospitalization.

### Physician

Division of Pulmonary Medicine