

# What is Cystic Fibrosis?

- Cystic fibrosis (CF) is the most common life threatening recessive genetic condition affecting Australian children.
- More than 1 million Australians are symptomless carriers of the cystic fibrosis gene.
- A cystic fibrosis child is born every 4 days.
- There is no cure for cystic fibrosis which primarily affects the lungs and digestive system.
- People with cystic fibrosis, even young children, have to take up to 40 tablets every day.

By participating in the Great Strides Walkathon you will be helping to support people with cystic fibrosis in the ACT.

Cystic Fibrosis ACT provides vital practical and emotional support to children and families living with CF in this state, yet we receive no government funding. Your support through Great Strides will help us meet this need, and you can win some fantastic prizes!



## CONTACT DETAILS

### Cystic Fibrosis ACT

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[www.cysticfibrosis.org.au/act](http://www.cysticfibrosis.org.au/act)

[www.greatstrides.com.au](http://www.greatstrides.com.au)

Please note: CFACT cannot guarantee the absence of people who may have special infections, including B. cepacia and MRSA. People with CF should consider this issue before deciding whether to attend.

# Great Strides WALKATHON for Cystic Fibrosis



## 11 October 2009

Around Lake Burley Griffin  
starting and finishing at Rond Terraces  
Commonwealth Park  
**5km bridge to bridge walk**

Registrations from 9am on the day  
Walk starting 10am

Please visit [www.greatstrides.com.au](http://www.greatstrides.com.au)  
for more information

## Take a step today for a better tomorrow

In 2009 take a step with thousands of people across the country to support families living with cystic fibrosis! Great Strides is a national walkathon with events taking place in the ACT as well as New South Wales, Northern Territory, Queensland, South Australia, Victoria and Western Australia. Visit [www.greatstrides.com.au](http://www.greatstrides.com.au) to register, fundraise online and for information on the ACT walk.

Cystic fibrosis is the most common life threatening genetic condition in Australia, and there is no cure. Over 3000 Australian families are living with CF today - help us raise funds to give them a hope for a better future.

### Get a Team Together and Join the Fun!

Get a team together from work, school or your family and come and enjoy a day of celebration with a barbeque and fun activities for everyone!!



