

SWEAT 4 CF

Activewear lovers are urged to shed those excess Covid-kilo's and get moving during Cystic Fibrosis Awareness Month, this May, by donating their kilometre's to **Sweat 4 CF** – a newly launched initiative which aims to bring the life-changing drug, Trikafta, from Boston to Australia.

Cystic fibrosis (CF) is one of the most common, autosomal recessive, life-limiting diseases affecting children and adults in Australia. It causes a thick, sticky mucus to form which affects full function of the lungs and digestive system. There is no cure.

Trikafta has the ability to significantly improve a patient's lung function, which is life-changing for any Cystic Fibrosis (CF) patient. The drug is produced by Vertex, which is based in Boston, Massachusetts, and unfortunately is not on the PBS in Australia and costs around AUS\$300K per year to be on the drug.

The idea behind **Sweat 4 CF** was born when an exercise bike was delivered to local Port Stephens' student, Mia Warren's (13), hospital room at John Hunter Hospital, where she is currently receiving treatment.

Kent Warren, Mia's father, said, "At first, Mia was reluctant to get on and ride so I encouraged her to ride the equivalent kilometres from Newcastle back home to Port Stephens, then to Sydney. Then the idea came to ride the equivalent kilometres to Boston, together, to bring Trikafta back to Australia for CF sufferers.

"This initiative is not just about raising funds, our goal is to build awareness of the life-changing benefits of Trikafta and get it onto the PBS, and to advocate for thousands of Australian's suffering from CF," said Mr Warren.

Mia and her family are encouraging others to join them on the journey throughout the remainder of May, during Cystic Fibrosis awareness month, and **Sweat 4 CF** by riding, running, walking, or paddling, and donating their kilometres to complete the 32,000km round-trip.

How can I help support this initiative?

1. Like and follow the Sweat 4 CF Facebook Page
2. Start exercising and donate your kilometre's to **Sweat 4 CF** and share your own efforts on social media by tagging **#Sweat4CF** Ask your network to support you by donating to the [Sweat4CF](#) page or [Cystic Fibrosis Australia](#)
3. Elect to donate to [Cystic Fibrosis Australia](#) - supporting research
4. Elect to donate to the [Sweat 4 CF](#) initiative - money raised will go to hospital medical equipment, amenities which make CF patient's stay in hospital more like home and personal CF medical equipment, such as percussion vests.

Where will the money raised go?

- Research foundations producing drugs and equipment which assist people with Cystic Fibrosis
- Equipment for Children's hospitals to make life whilst staying in hospital just a little bit easier
- Percussion vests worn by patients with CF which help loosen up lung secretions – costing around \$20K per vest
- Advocacy - meet and communicate with governments to bring Trikafta onto the PBS

To find out more about **Sweat4CF** and to donate kilometres or funds, visit www.mycause.com.au/page/228287/sweat-4-cf

Media Contact

For interviews with the Warren family whilst Mia is in John Hunter Hospital or to contact Cystic Fibrosis Australia, please contact:

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