

BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY'S DEDICATION

DAY 28: THURSDAY 28th SEPTEMBER 2023



ALEX

Alex has a Charismatic personality, he's very funny and loves to make people laugh.

He was born a minute after his twin sister. Alex had a scary start to life with the umbilical cord wrapped around his neck, he was slow to take his first breath but with the doctor's quick action, his first cry was a beautiful sound.

Alex was also diagnosed with Cystic Fibrosis at 3 days old. He started daily Cystic fibrosis management routines that he will continue with for his life.

Every day he does physio airway clearance, nebulisers and takes so many tablets and when he is sick he has to do everything twice.

Alex started solid foods when he was 4 days old. He had to take Creon tablets to help break down fat so he could digest his milk. The Creon was mixed into apple puree so it wouldn't cause ulcers in his mouth.

Alex and his twin were swallowing tablets by the age of 2.

Alex was constantly on antibiotics when he was young, he had a moist cough and suffered many lung infections. He was smaller than most kids his age and had a lot of trouble gaining weight. Alex would have 2 or sometimes 3 hospital admissions a year for what Cystic Fibrosis people call tune-ups.

Over the years Alex's lung function started to drop.

Thanks to the amazing doctors and research teams Alex is now on Trikafta and he hasn't had a hospital admission since he started it. He has grown, put on weight and his lung function has improved significantly. Trikafta is not a cure and Alex still has to do his daily CF management routines but life for him is definitely brighter.

