

BREAKING BARRIERS FOR CYSTIC FIBROSIS

# TODAY'S DEDICATION

DAY 25: MONDAY 25<sup>th</sup> SEPTEMBER 2023



## Ezra

Meet Ezra, he is energetic, inquisitive and has an adventurous spirit. Loves the beach, and anything that involves running around and wants to be a firefighter and helicopter pilot when he grows up.

Looking at him and engaging with Ezra you would not know there is a thing wrong with him.

His resilience knows no bounds, and he just rolls with it, despite the odd whinge when he must sit still for his physiotherapy sessions and take ALL his tablets before playtime.

At one-month-old, Ezra was diagnosed with CF, and it has been a part of our lives every day since. Ezra takes approximately 30 tablets daily – by 2.5 years old, he was popping pills better than most adults! He has physiotherapy every day, takes vitamins, supplements, regular antibiotics, and has frequent medical appointments.

CF doesn't take a break. It comes on holidays with us, continues when he is well, and when he is unwell, no days off!

CF awareness challenges like '#36forCF' for us is a time to reflect, as cliché as it sounds on our journey and how far we have come from the shock and emotion that comes with a newborn diagnosis.

It is a chance to raise awareness about what CF is and how it impacts sufferers' lives and those of their loved ones. It is also a time to share stories, advocate and raise much-needed funds for the organisations that research to find a cure and support CF families like ours.

@layneo\_insaneo is a machine! Challenging himself to 36 half Ironman's in 36 days and to be doing it to raise funds for Cystic Fibrosis Australia is so incredibly kind.

Thank you in advance to everyone who will support Layne and @cfaustralia during this challenge.

Every donation, every social media share, every conversation helps #breakingbarriersforCF

