

BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY'S DEDICATION

DAY 7: THURSDAY 7th SEPTEMBER 2023



Julie

Unlike most people with CF, I wasn't diagnosed until I was 6, meaning I went the first 6 years of my life without proper medication, chest physiotherapy, and correct medical care.

Since this age, I have been in and out of hospital on countless occasions, generally for planned tune-ups – with the occasional visit to the emergency department.

Growing up with CF presented its challenges to me, but I am incredibly lucky to have such a supportive family who always wanted the best for me. Although my health was always at the forefront of my parents' minds, they made sure I was able to do everything my siblings did, always ensuring I knew that CF was just one part of me, not the only part. I was always an incredibly active child, participating in sports such as dancing, swimming, netball, and gymnastics.

Fast forward to 16, and I my journey with Symdeko. This drug changed my entire life. At 16, I was taking a day off school every two weeks because I was constantly unwell. My lung function was at an all-time low of 53%, I had extremely stunted growth and had barely begun puberty. Within 6 months of taking this pill, my lung function had improved by almost 30%, I grew 6cm and gained 9 kilos.

Today, I am on Trikafta and am still sitting at a lung function average of 80%. During these 7 years, I managed to graduate high school and am currently in my final semester of university – with hopes to get a position as a high school drama teacher. Although CF has presented me with an abundance of challenges that I still struggle with today, it was these challenges that have shaped my sense of courage and resilience – something that I will always be grateful for.



