

BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY'S DEDICATION

DAY 23: SATURDAY 23rd SEPTEMBER 2023



Kirsten

I was diagnosed with CF at birth and faced many challenges early on with multiple bowel surgeries spending a large part of my first year of life in hospital. This would have been incredibly taxing on my parents as they already had two children under the age of 3 at the time however, slowly I started to thrive and could eventually come home.

During those early years, my lung function was stable however I always struggled to gain weight and this caught up with me during adolescence which is when I started yearly hospitalisations from around the age of 15.

I always had less energy than my friends but I still tried to enjoy all the good things in life like travelling overseas, riding motorcycles, becoming a yoga teacher, singing in a rock band, going to university and buying my own property all by the age of 31.

I wanted to get as much out of life as I could in the shortest amount of time possible. It was around this age that I started on modulator therapy (Ivacaftor) which completely changed my life. It sounds odd, but these last few years have been the most fulfilling yet the least adventurous.

Instead, I have been able to slow down and enjoy the day-to-day with the privilege of good health, less worry and a deep sense of peace.

I still make plans, have a million things I want to do and have long term goals, but I am no longer chasing down tomorrows. I turn 40 next year and I am full of hope and happiness, wondering what the next 40 years will bring! Good health is the greatest gift, and one which I am forever grateful for.



