

BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY'S DEDICATION

DAY 20: WEDNESDAY 20th SEPTEMBER 2023



Zahra

Zahra is 19 and lives with cystic fibrosis (CF).

For Zahra, her daily living is affected by CF. Her lung function is at best 52%. She is out of breath all the time, coughing all the time, taking medications all the time, and completing physiotherapy all the time.

Zahra is exhausted. All the time.

The demands of CF leave Zahra drained, leaving little room for activities that many take for granted. It's a battle she faces every moment, and yet she continues forward with grace and courage.

Unfortunately, frequent hospital visits and ongoing exhaustion make it challenging for her to maintain a job. This stark reality underscores the immense impact CF can have on one's life.

Zahra's journey is made even more unique by the fact that she bears two rare mutations of CF. This intricacy in her diagnosis presents its own set of challenges, highlighting the broad spectrum of this condition. CF is a varied landscape where every individual's experience is distinct and shaped by an array of factors.

Zahra's brother, Izack, also diagnosed with CF, presents a different narrative. With lung function in the 90s and fewer hospital visits, his story emphasizes the diversity within the CF community.

Zahra hopes that increased awareness will translate into greater investment in research, paving the way for better treatments and improved quality of life, specifically for people like her who live with rare gene mutations.



