

26th March 2024

Celebrating Strength & Resilience

Dear Community,

Once again, we are grateful to have a courageous CF mother share her emotions as she approaches her young CF Warrior's third Birthday. Her story exemplifies the strength and resilience that bind our community together.

Thank you for opening up and sharing your thoughts and feelings with us; your contribution is deeply appreciated.

In just one month, we anticipate news from the PBAC about the potential extension of Trikafta to children aged two and older. CFA continues to advocate fervently for a positive outcome, dedicated to supporting our community in every capacity. Rest assured; we'll keep you informed every step of the way.

Stay strong, stay hopeful.

Warm Regards,

Jo Armstrong
CEO
Cystic Fibrosis
Australia

Beautiful Number THREE!

The days are flying by, and we're moving closer to a milestone we once couldn't imagine—our little one's 3rd birthday!

Every parent cherishes their child's birthdays. It's an extremely special moment for the child, their parents, and the loved ones that surround them. A new candle burns with joy, and with each year, a new understanding of celebrations and excitement is added.

We reflect and enjoy the moment.

For a parent of a child with cystic fibrosis (CF), it's an experience I can't truly describe. Every milestone feels slightly different—from his first roll to his first words, and his first steps. Moments we once questioned: Will it happen, and what will it be like?

These beautiful milestones are stored in our hearts in a very different way. They were once unimaginable.

I remember holding my newly diagnosed newborn, trying desperately to imagine what one year might look like, and here we are, weeks away from 3!

3 years with CF in our lives and 3 years of gaining experience, demonstrating sheer determination, resilience, hope, and a constant source of inspiration to keep looking forward—together!

Along with such moments of hope and triumph come days that test you and push you to your limits. There have been many moments of fear, guilt, isolation, and dare I say—despair. However, we choose not to dwell on them when we look at our beautiful children.

We choose to turn fear into fight—every day.

The words of discouragement and uncertainty, of course, creep in from time to time. These moments are there, but they are fleeting.

They hover at the tips of our tongues when we battle a cold that doesn't seem to end or when we can't seem to understand why we're dealing with yet another digestive issue.

It can feel never-ending and utterly exhausting, but with each battle or hurdle, we gain more experience and understanding.

We put yesterday behind us and take on a new day armed with new skills, new information, and most importantly, new strength.

We fight on and look forward to celebrating more milestones together.