



## What is Cystic Fibrosis?

**Cystic Fibrosis (CF)** is a **fatal inherited disease** that primarily affects the lungs and digestive system. In the lungs, CF causes the formation of a thick sticky mucus that clogs the small bronchioles, making it **very difficult to breathe**. The mucus also plugs the tiny ducts of the pancreas making it **hard to absorb adequate nutrition** from food.

Cystic fibrosis patients also undergo a demanding daily routine of physical therapy designed to keep the lungs free of congestion and infection. **Most people with CF die of lung disease.**

## Who gets Cystic Fibrosis?

CF is a genetic disorder that people are born with. **1 in 25 Canadians carry a defective gene responsible for CF.** When both parents carry the defective CFTR gene, there is a 25% chance that their child will be born with cystic fibrosis and a 50% chance that their child will be a carrier of the defective gene.

**1 in 3600 children born in Canada has CF, and there is currently NO CURE!**

Before Cystic Fibrosis Canada's establishment, most children with CF were not expected to live long enough to attend kindergarten. Today, thanks to Canadian development in research and treatment, half of all Canadians with CF are living well into their 40's.

## What is Cystic Fibrosis Canada's role in the CF fight?

CF Canada is a national, non-profit health agency that was established in 1960. Along with its counterparts in the United States, United Kingdom and France, CF Canada is **one of the world's largest non-governmental granting agencies in the field of cystic fibrosis research.** The work sponsored by Cystic Fibrosis Canada is second to none!

## How is Cystic Fibrosis Canada is making a difference?

The organizations goal is to help people with CF by raising money for research into improved care and treatment, seeking a cure or control for CF, and promotion public awareness of the disease. CF Canada provides incentive grants to 38 CF clinics and 5 lung transplant centres across Canada, helping to address access to high quality, specialized, multidisciplinary and team-based service. The global effort has been phenomenal in finding a cure for CF.

## For more information, please contact:

Elise Harrison, Josie Stan, Sydney Hesselberg and Devon Borrowman  
[usaskshinerama.pt@gmail.com](mailto:usaskshinerama.pt@gmail.com)  
2019 Shinerama Coordinators/ Campaign Members  
School of Rehabilitation Science - University of Saskatchewan



