



What is Cystic Fibrosis?

Cystic fibrosis (CF) is a fatal inherited disease that primarily affects the lungs and the digestive system. In the lungs, where the effects of the disease are most devastating, CF causes the formation of a thick sticky mucus that clogs the small bronchial tubes, making it difficult to breathe.

Mucus also plugs the tiny ducts of the pancreas, an organ that supplies enzymes to aid digestion. As a result, children and adults with CF must take pills with every meal and snack to help break down and absorb adequate nutrition from food. They must also undergo a demanding daily routine of physical therapy designed to keep the lungs free of congestion and infection.

Most people with cystic fibrosis die of lung disease.

Who gets CF?

People are born with cystic fibrosis; it is a genetic disorder. One in twenty-five Canadians carry a defective version of the gene responsible for cystic fibrosis. When both parents carry the defective gene, there is a 25% chance their child will be born with cystic fibrosis.

One in every 3,600 children born in Canada has CF.



Is there a cure?

Cystic Fibrosis Canada has been working to find a cure or control for CF. Before Cystic Fibrosis Canada's establishment, most children with CF were not expected to live long enough to attend kindergarten. Today, thanks to Canadian developments in research and treatment, half of all Canadians with CF are living well into their 40s. This has been a tremendous accomplishment, but more can be done.

Currently there is no cure for CF.

Cystic Fibrosis Canada's role in the CF fight

Cystic Fibrosis Canada, originally called the Canadian Cystic Fibrosis Foundation, is a national, non-profit health agency that was established in 1960 by parents, relatives, and other volunteers. Cystic Fibrosis Canada, along with its counterparts in the United States, the United Kingdom, and France, 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 Cystic Fibrosis Canada is making a difference

The organization's goal is to help people with cystic fibrosis by raising money for research into improved care and treatment, seeking a cure or control for CF, and promoting public awareness of the disease. It provides incentive grants to 38 CF clinics and five lung transplant centers across Canada, helping to address the most immediate priority shared by every individual with cystic fibrosis — access to high quality, specialized, multidisciplinary, team-based service.

In addition, Canadian researchers are viewed as leaders in the global effort to find a cure or control for the disease. Their groundbreaking work has yielded significant advances in recent years, particularly since a team of researchers in Canada discovered the gene responsible for CF in 1989.

For more information, contact:

Heather Moloney
hmm630@mail.usask.ca
2017 Shinerama Coordinator
School of Physical Therapy
University of Saskatchewan

Megan Woloschuk
mdw853@mail.usask.ca
2017 Shinerama Coordinator
School of Physical Therapy
University of Saskatchewan