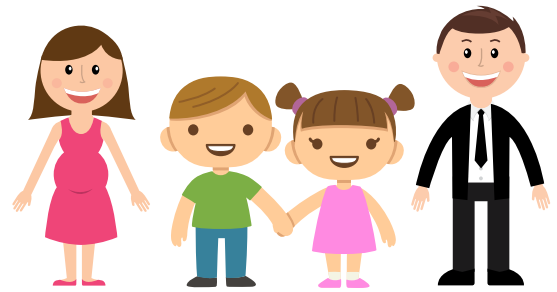


DAILY LIFE FOR A PERSON WITH CF



What is it like living with CYSTIC FIBROSIS?

A TYPICAL DAY...

Note: this is a graphical representation only. Daily routines will vary from person to person.

6:30 AM



The morning begins with coughing out mucus that has accumulated overnight. Then, there is the use of nebulisers to open the airways and thin mucus, followed by chest clearance physiotherapy & morning exercise routines.

8:00 AM



Shortly after, the person with CF (PWCF) takes any medication prescribed by the doctor. Often, these are multivitamins, supplements and/or enzymes to help aid absorption of nutrients from food consumed.

There could be 10 - 20 different pills to take each morning.



1:00 PM



Lunch requires a high calorie intake of about 120% to 150% of the average diet. It is also supplemented with more medication.

9:00 am - 5:00 pm

Throughout daily routines, such as school and work, a person with CF will take more medications and do extra nebulised treatments.

5:00 PM



Normally before evening meals, there is daily exercise. Exercise is a natural physiotherapy. This could be a sport, running, or going to the gym. People with CF need to remain active to maintain optimum fitness.

7:00 PM



Dinner also requires a high calorie intake of about 120% to 150% of the average diet. Usually, nutritionists from the CF team provide a certain meal plan to follow. Enzymes are again taken with dinner..

Before bedtime, there is often another round of nebulised treatments and chest clearance physiotherapy. People with CF may have difficulty sleeping due to persistent coughing; 8 to 10 hours of sleep is ideal.

9:00 PM

