

# WHAT IS CYSTIC FIBROSIS AND HOW CAN YOU HELP?

## THE FACTS ABOUT CYSTIC FIBROSIS

Cystic Fibrosis is inherited; for a baby to be born with CF both parents must be carriers of the faulty CF gene.

If both parents are carriers a child has a one in four chance of being born with CF.

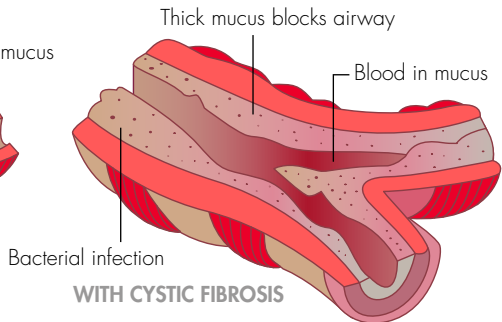
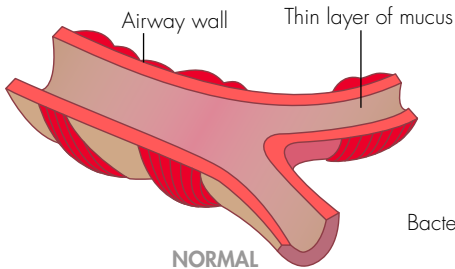
One in twenty five of us is a carrier, usually without knowing it.

## WHAT IS CYSTIC FIBROSIS?

It's a disease which affects vital organs in the body, especially the lungs and digestive system, by clogging them with thick sticky mucus.

It is the UK's most common life threatening inherited disease and affects thousands of babies, children and young people in the UK.

## CROSS SECTION OF AIRWAY



## IS THERE A CURE ?

No, but scientists are working hard to develop a technique to repair or replace the faulty gene.

## WHAT CAN BE DONE IN THE MEANTIME ?

Cystic Fibrosis involves serious symptoms and complications which include digestive problems and recurrent lung infections. Enzymes are taken with meals to aid digestion, physiotherapy and drugs are used to clear the mucus, and antibiotics taken to tackle the infections.



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## SUPPORTING LOCAL FAMILIES LIVING WITH CF

We aim to raise funds to provide equipment and to help alleviate the suffering of local people with CF. We receive no Government funding, and have no administration costs. We are a voluntary organisation.

Whatever you give we spend it wisely.



### WHAT OUR FUNDING IS USED FOR:

- Lung function machines
- Nebulisers
- Airline oxygen
- Welfare for families
- Trampolines (for physiotherapy)
- Oxygen saturation monitors
- Physiotherapy couches
- Prescription charges
- Exercise equipment (to improve lung function)
- Driving lessons (to allow mobility)

### HOW TO DONATE TO THE SCFA

If you wish to make a donation to the SCFA then please visit our just giving page at [justgiving.com/southendcysticfibrosisassociation](https://www.justgiving.com/southendcysticfibrosisassociation) alternatively visit our website [southend-cfa.org.uk](https://www.southend-cfa.org.uk) and see how you can donate as you shop!

If you are a UK tax payer the your donation will be increased by 20% thanks to tax relief paid by the UK government.

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### GET IN TOUCH

01702 291318

[www.southend-cfa.org.uk](https://www.southend-cfa.org.uk)

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