

Can Eat, Can Breathe, and Other Ways Cystic Fibrosis Has Shaped My Life

I was diagnosed with cystic fibrosis (CF) when I was just a few weeks old. CF is a chronic genetic condition that affects the lungs and digestive system. It causes thick, sticky mucus to build up in the lungs and pancreas, which can lead to a variety of respiratory and digestive problems.



Can't Eat, Can't Breathe and Other Ways Cystic Fibrosis Has F#\$%*d Me by Grantly Dick-Read

★★★★☆ 4.7 out of 5

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Growing up with CF was challenging. I had to take multiple medications every day, do breathing treatments, and go to the doctor for regular checkups. I also had to be careful to avoid getting sick, as even a simple cold could turn into a serious infection.

Despite the challenges, I always tried to live my life as normally as possible. I went to school, played sports, and participated in extracurricular activities. I even went to college and got a job.

But CF always lurked in the background. I had to be mindful of my health and make sure I was taking care of myself. I also had to deal with the occasional flare-up, which could range from mild to severe.

As I got older, I started to think about the future. I wondered if I would be able to have a family, a career, and a life that was full and happy.

I was fortunate to find a husband who is supportive and understanding of my condition. We have two beautiful children, and I am able to work part-time as a writer.

I am grateful for the life I have, but I also know that CF is a part of me. It has shaped my life in many ways, both positive and negative.

On the positive side, CF has taught me the importance of perseverance. I have had to fight for my health every day of my life, but I have never given up. CF has also taught me the importance of gratitude. I am grateful for every day that I am healthy and able to enjoy life.

On the negative side, CF has caused me a lot of pain and suffering. I have had to endure countless surgeries and hospitalizations. I have also had to deal with the emotional toll of living with a chronic illness.

But despite the challenges, I would not trade my life for anything. CF has made me who I am today. It has taught me the importance of fighting for what I want, and it has made me appreciate the beauty of life.

I am proud to be a cystic fibrosis survivor. I am proud of the person I have become, and I am grateful for the life I have.

Here are some of the ways that CF has shaped my life:

- I have learned to be independent and self-reliant. I have had to take care of my own health from a young age, and I have learned to advocate for myself.
- I have developed a strong sense of community. I have met other people with CF through support groups and online forums, and I have learned that I am not alone.
- I have learned to appreciate the little things in life. I am grateful for every day that I am healthy and able to enjoy life.
- I have learned to live in the present moment. I know that my health can change at any time, so I try to make the most of every day.
- I have learned to be grateful for the people in my life. I am surrounded by an amazing group of family and friends who love and support me.

CF has not defined my life, but it has shaped it in many ways. I am grateful for the life I have, and I am proud to be a cystic fibrosis survivor.



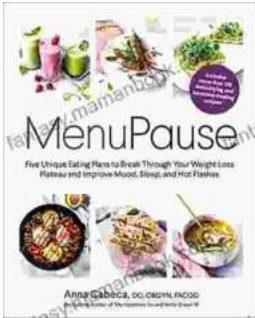
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