

A day in the life of Cure Kids ambassador Sam...

Mum makes me get up at about 7am on school mornings so I can have a big breakfast. I always find it hard to eat first thing in the morning so I tend to be pretty slow. I take about 4 enzyme tablets to digest my breakfast. Then I have to take all my vitamin pills and drops before starting to get ready. Once I'm ready for school I do about 10 minutes of physio to clear the muck from my lungs, then about 15-20 minutes nebulising some antibiotics before I'm finally off to school on my bike.

During the day I have to remember to take my enzyme tablets every time I eat to digest my food (my pancreas doesn't release any stomach enzymes like most peoples). If I don't I get bad tummy cramps and the food pretty much goes straight out the other end!!!! I usually take about 20 enzyme pills a day.

I have to eat heaps of high energy food, which sounds great but can be hard work at times. Plus I try and do plenty of active stuff during the day cos everything helps to clear the mucus from my lungs.

In the evening it's back to physio, but this time I have to nebulise isotonic saline while I'm doing it. This helps thin the mucus in my lungs. Then finally another round of nebulising antibiotics before bed.

But hey that's a good day, because it means I'm not in hospital and I hate being stuck in there! I just hope Cure Kids can find a cure so I don't have to have CF anymore.



In 1970's New Zealander, Professor Bob Elliot, Cure Kids first Chair of Child Health, had a world first breakthrough. He recognised that early diagnosis and treatment of cystic fibrosis significantly improved their life expectancy. All children born in NZ are given the common heel prick test which tests for a number of diseases including CF.