

November 11, 2008

Dear Parents,

Today I came to your child's class to discuss Cystic Fibrosis (CF). Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive system of about 30,000 children and adults in the United States (70,000 worldwide). A defective gene and its protein product cause the body to produce unusually thick, sticky mucus that:

- clogs the lungs and leads to life-threatening lung infections; and
- obstructs the pancreas and stops natural enzymes from helping the body break down and absorb food

Your child's classmate, Kasey Greene, has CF. We talked about why Kasey needs to take enzymes with her food (all of the children have been very curious). We also talked about the importance of good health care practices to prevent the spread of colds and viruses which can make Kasey susceptible to lung infections. And, we discussed how we are all different and that CF is just another one of these differences which can be used as an opportunity to help others and develop good coping skills for the challenges in life we will all face at one time or another.

We would love to have you join us in the fight against CF. Please consider joining us for Great Strides, a walk for the cure on May 17, 2009 at the Seattle Center. It's a lot of fun with activities, food and festivities.

Thank you for taking the time to read this. We welcome any questions you may have. You can email Lisa at [HappyHeartFamily@aol.com](mailto:HappyHeartFamily@aol.com) or call her at 425-891-2842. The website [www.cff.org](http://www.cff.org) has a lot of great information about CF as does Lisa's website: [www.HappyHeartFamilies.com](http://www.HappyHeartFamilies.com).

Best wishes for a healthy, happy family.

Sincerely,

Lisa Greene