Today, the estimated median age of survival of CF patients in Canada is over 50 years, and the majority of patients are over 18 years of age. CF patients enjoy an improved quality of life, pursuing careers, and starting families of their own.

WHEN IT COMES TO STARTING A FAMILY, 3 CF PARENTS HAD THIS TO SAY:

Jeremy lives in Winnipeg, MB with his wife Tara and 8 year old daughter, Daryn.

There are many options for adults with CF to become parents beyond the conventional. Do your research and be open to alternatives, including adoption, and you will get to be a mama or daddy.

Rob lives in Coquitlam, BC with his wife Siobhan and two daughters (Aoife, 5 and Carys, 2). He teaches kinesiology/sport science at Douglas College.

I would say the same thing to anyone considering having a child regardless of CF: If you are with the right partner, there is no point waiting for 'the right time' to have a child. There is no 'right time' - children will always cause turmoil in your life and you should embrace that.

Be open about your intentions to start a family with your CF team and the people in your life that you love and trust. With the right support before and after welcoming a child into your life, it can be possible to have a family.

Megan lives in Calgary, AB with her husband and two 3-year old sons, Charlie and Desmond. She works as an Occupational Therapist.