

Living Longer

WITH CYSTIC FIBROSIS

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:



“ 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.

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

“ 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.



“ 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.

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.

