

**From:** [Sandra Niven](#)  
**Subject:** May is CF Awareness Month 2022  
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**Attachments:** [image004.png](#)

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Hello,

I would like to make a request for a declaration and for your building(s) to be lit up in light blue and/or green at any time that may be available during the month of May for **Cystic Fibrosis Awareness Month**.

Cystic Fibrosis Awareness Month will be promoted throughout Canada, through our social media channels both nationally and in B.C., and our newsletter which is sent to over 8,000 subscribers. Our volunteers will be visiting during the selected dates and taking photos to share on our various social media channels, using the hashtag **#LightUp4CF**. We will make specific mention, including a photo of the lights and a geotag, on our regional social media channels. Below are the corporate colours for your reference.



Cystic Fibrosis Canada <http://www.cysticfibrosis.ca/about-cf>

Cystic Fibrosis (CF) Awareness Month is each May of every year and is an internationally recognized month to raise awareness and funds to help find a cure or control for CF, the most common fatal genetic disease affecting Canadian children and young adults. At present, there is no cure.

**On Sunday, May 29<sup>th</sup>, 2022, thousands of participants across Canada will unite at local**

community **'Walk to Make CF History'** events during CF awareness month to celebrate their fundraising efforts, while imagining a world without CF.

### **Social Media**

Hashtag: #LightUp4CF

Instagram: [instagram.com/cfcanadawestern/](https://www.instagram.com/cfcanadawestern/)

Twitter BC/Yukon: [twitter.com/CFCanadaWestern](https://twitter.com/CFCanadaWestern)

Facebook Western Canada: [facebook.com/CysticFibrosisWesternCanada](https://facebook.com/CysticFibrosisWesternCanada)

Facebook Lower Mainland: [facebook.com/CFCanada.LowerMainland](https://facebook.com/CFCanada.LowerMainland)

CF causes various effects on the body, but also affects the digestive system and lungs. The degree of CF severity differs from person to person; however, the persistence and ongoing infection in the lungs, with destruction of lungs and loss of lung function, will eventually lead to death in most people with CF.

Typical complications caused by cystic fibrosis are:

- Difficulty digesting fats and proteins
- Malnutrition and vitamin deficiencies because of inability to absorb nutrients
- Progressive lung damage from chronic infections and aberrant inflammation
- CF related diabetes
- Sinus infections

It is estimated that one in every 3,600 children born in Canada has CF. More than 4,200 Canadian children, adolescents, and adults with cystic fibrosis attend specialized CF clinics.

### **CAUSES OF CYSTIC FIBROSIS**

Cystic fibrosis is a genetic disease that occurs when a child inherits two abnormal genes, one from each parent. One in 25 Canadians carry an abnormal version of the gene responsible for cystic fibrosis. Carriers do not have cystic fibrosis, nor do they exhibit any of the symptoms of the disease. When two parents who are carriers have a child, there is a 25 percent chance that the child will be born with cystic fibrosis; there is also a 50 percent chance that the child will be a carrier; and a 25 percent chance that the child will neither be a carrier nor have cystic fibrosis.

### **SYMPTOMS OF CYSTIC FIBROSIS**

- Cystic fibrosis is a multi-system disorder that produces a variety of symptoms including:
- Persistent cough with productive thick mucous
- Wheezing and shortness of breath
- Frequent chest infections, which may include pneumonia
- Bowel disturbances, such as intestinal obstruction or frequent, oily stools
- Weight loss or failure to gain weight despite possible increased appetite
- Salty tasting sweat
- Infertility (men) and decreased fertility (women)

### **DIAGNOSING CYSTIC FIBROSIS**

Genetic testing, prenatal and newborn screening for CF are administered in every baby in Canada.

Additionally, if a doctor suspects a patient has CF, a 'sweat test' may be administered. This test measures the amount of salt content present in the sweat. If the test comes back positive, it means the sweat collected contains more salt than usual and supports a diagnosis of CF.

Please let me know if there are any dates available during the month of May. We are flexible with this request and I look forward to hearing from you.

Kind regards,

Sandra

**Sandra Niven**

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