



## Info Rx

# Cystic Fibrosis

Cystic Fibrosis is a genetic disease that mainly impacts the lung and digestive system. Those affected produce thick sticky mucus that can clog the lungs, stomach, intestines, liver, pancreas, and reproductive organs.

**Borrow these books from the FCRC or check your local library!**

### **Cystic Fibrosis: A Guide for Patient and Family**

*David M. Orenstein, Jonathan E. Spahr, Daniel J. Weiner*

This all-encompassing guide provides practical advice for managing cystic fibrosis.

### **Parenting Children with Health Issues: Essential Tools, Tips, and Tactics for Raising Kids with Chronic Illness & Medical Conditions**

*Foster W. Cline and Lisa C. Greene*

Cline and Greene have created this guide to help parents through the struggles of raising a child with a chronic condition.

### **Cystic Fibrosis: The Ultimate Teen Guide (It Happened to Me)**

*Melanie Ann Apel*

Written for teens with input from real teens, this book mixes research and personal experience to give teens all the information they need to manage a life with CF.

### **Sixty-Five Roses: A Sister's Memoir**

*Heather Summerhayes Cariou*

In her memoir, Cariou shares the experiences she had growing up with her sister, who had cystic fibrosis.

### **The Power of Two: A Twin Triumph over Cystic Fibrosis**

*Isabel Stenzel Byrnes and Anabel Stenzel*

Twins Isabel and Anabel were both diagnosed with cystic fibrosis. Their story and the impact on themselves and loved ones is portrayed in this book.



### **Alex: The Life of a Child**

*Frank Deford*

Frank Deford shares his daughter Alex's story of cystic fibrosis from a father's perspective.

### **Little Brave Ones: For Children Who Battle Cystic Fibrosis**

*Carrie Lux*

Lux gives readers an inside look at what life is like with cystic fibrosis.

### **Sticky Icky Booger Bugs**

*Sherry Frith*

Kory is a normal kid who loves to do kid things. He also has cystic fibrosis – but he knows how to take care of himself and have fun every day!

### **Cadberry's Letters**

*Jennifer Racek*

Written for pre-school aged children, Cadberry's Letters introduces children to life with cystic fibrosis.

*Need more information?*

## **Child Health Information Specialist**

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [fcrs.ahs.ca/rx/cystic-fibrosis](http://fcrs.ahs.ca/rx/cystic-fibrosis)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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