



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.

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.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

fcrc.ahs.ca/rx/cystic-fibrosis/

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

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.



Alberta Health
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