

If we all work together we can find a cure.

So children like **Dalton Dingus** can have a chance to live.

In Memory of Dalton Dingus

Who died to stage 4 CF

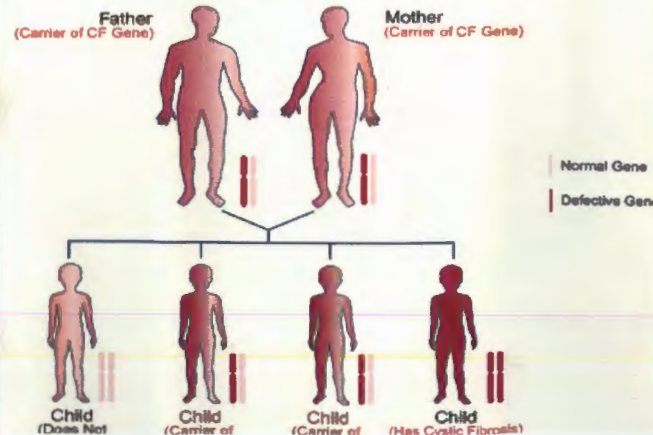
March 14, 2003 - January 12, 2013



What is Cystic Fibrosis and what causes it?

CF is a chronic, genetic disease that affects about 30,000 people in the United States. With CF, cells make a mucus that is thick and sticky, affecting the respiratory, digestive, and reproductive systems. For a child to have CF, two copies of the nonworking CF gene must be inherited — one from each parent. A carrier, though, has only one copy of a CF gene mutation, which means that they do not have the disease or symptoms.

Inheritance of Cystic Fibrosis (CF)



What can Society do about awareness for CF?

About 30,000 children and adults in the United States have cystic fibrosis, and 1,000 new cases are diagnosed each year. If society all helped out we can add a best possible tomorrows for those living with cystic fibrosis by taking action and spreading the word about CF. There are four ways we can raise awareness for CF.

- **Walk:** Great strides and 65 roses 5k run help raise money to go for research in medicine and finding a cure.
- **Advocate:** Make a support group and raise awareness like **Claire Wineland** who spoke in a ted talk in 2011 about CF.
- **Educate:** Share information with people tell them to go Cystic Fibrosis Foundation website they will show all the knowledge they need to know about CF.
- **Connect:** to places like Twitter, Facebook, Google plus, and other social media websites. where patients, family members, or people who want to know about it go and share information and stories.



Greatstrides

Great Strides is the Cystic Fibrosis Foundation's largest national fundraising event. Each year, more than 125,000 people participate in hundreds of walks across the country to raise funds for cystic fibrosis research and drug development. Walks are held at nearly 600 locations nationwide and are open to the public. Great Strides provides a fantastic opportunity for family, friends, students, co-workers and colleagues to come together in support of a worthy cause.

Great Strides continues to gain momentum, as do our research efforts and the progress we've made in the search for a cure. The CF Foundation has raised and invested hundreds of millions of dollars to support the development of new CF drugs and therapies. But the lives of people with this disease are still cut far too short. We need the public's continued support to fulfill our mission of finding a cure and improving the quality of life of those with the disease.

Walk in Great Strides today and help add tomorrows to the lives of those living with cystic fibrosis.



CYSTIC FIBROSIS FOUNDATION



65ROSES
MILESFORCYSTICFIBROSIS.ORG



65 Roses

"65 Roses" is what some children with cystic fibrosis (CF) call their disease because the words are much easier for them to pronounce.

Mary G. Weiss became a volunteer for the Cystic Fibrosis Foundation in 1965 after learning that her three little boys had CF. Her duty was to call every civic club, social and service organization seeking financial support for CF research. Mary's 4-year-old son, Richard (Ricky), listened closely to his mother as she made each call.

After several calls, Richard came into the room and told his Mom, "I know what you are working for." Mary was dumbstruck because Richard did not know what she was doing, nor did he know that he had cystic fibrosis. With some trepidation, Mary asked, "What am I working for, Ricky?" He answered, "You are working for 65 Roses." Mary was speechless. He could not see the tears running down Mary's cheeks as she stammered, "Yes Ricky, I'm working for 65 Roses." Since 1965, the term "65 Roses" has been used by children of all ages to describe their disease. But, making it easier to say does not make CF any easier to live with. The ugly fact is that cystic fibrosis is a life-threatening genetic disease that affects 30,000 children and adults in the United States. The "65 Roses" story has captured the hearts and emotions of all who have heard it. The rose, appropriately the ancient symbol of love, has become a symbol of the Cystic Fibrosis Foundation.