



REGISTER
FEB 27 TO
MAY 29

FUNDRAISE
FOR CF!

WALK TO
**MAKE
CYSTIC
FIBROSIS
HISTORY**



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ABOUT THE WALK

The Walk is CF Canada's largest fundraising event. It takes place in local communities across Canada and brings us together with one goal – taking a **#StepToward** creating a life unrestricted by CF for ALL Canadians living with cystic fibrosis.

Thousands of Canadians have participated, fundraised, donated and volunteered to make the event an annual success, raising over \$50 Million and recruited over 112,000 participants over the past 22 years.



**JOIN WALK DAY
ON MAY 31!**

TO REGISTER FOR THE WALK VISIT:
WALK.CYSTICFIBROSIS.CA

FOR MORE INFORMATION ABOUT
CYSTIC FIBROSIS:
CYSTICFIBROSIS.CA



ABOUT CYSTIC FIBROSIS

CF causes various effects on the body, but mainly affects the digestive system and lungs.

The degree of cystic fibrosis severity differs from person to person, however, the persistence of ongoing infection in the lungs causing destruction of the lungs and loss of lung function, will eventually lead to death in the majority of 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

CAUSES OF CYSTIC FIBROSIS

Cystic fibrosis is a genetic disease that occurs when a child inherits two abnormal genes, one from each parent. Approximately, 1 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.



WHY YOU SHOULD WALK!

Donors and fundraisers of the Walk have already helped to:

- Fund Canadian scientists who discovered the cystic fibrosis gene.
- Extend the lifespan of children diagnosed with cystic fibrosis.
- Contribute to the discovery of the newest life-changing medications.



Fund one day of research into new ways to kill harmful bacteria that causes lung issues for CF patients.



Fund a graduate student for one week to investigate new ways to tackle antibiotic resistance in CF lung infections.

YOUR IMPACT

My dream is simple. I dream of a future when CF no longer stands for Cystic Fibrosis but rather stands for "Cure Found".

- LAUREN A, TORONTO WALK

By participating in the Walk To Make Cystic Fibrosis History as a team captain, a team member, or a donor, you are helping take a **#StepToward** a future without CF.

The impact of your fundraising helps people like Lauren.