

Knights of Columbus - Chilli Cook-Off

Let's Help a Neighbour in Need!

Name: Sarah Makkai **Age:** 4 years **Parents:** Mr.&Mrs. Makkai

Illness:

Cystic Fibrosis is the most common fatal genetic disease affecting young Canadians. It is a multi-organ disease however it causes the most trouble in the lungs and the digestive system, due to thick, sticky mucous. The buildup of mucous leads to chronic lung infections, resulting in the deterioration of lung function, often requiring transplant(s) and eventually becoming fatal. People with CF also have difficulty absorbing the nutrients from food so they require enzyme pills every time they eat. Without these pills, not only would it cause severe gastric issues, but over time, a person with Cystic Fibrosis would not survive.

Medical History:

Sarah requires 2 hours a day of inhaled treatments and chest physiotherapy for airway clearance (3-4 hours per day if she's sick). Also, a high fat, high protein diet with approximately 20 pills a day. Regular clinic appointments, blood testing, chest x-rays, abdominal ultrasounds and throat swabs are important to keep track of Sarah's condition. Sarah also requires additional salt due to excessive salt-loss in people with cystic fibrosis, which can lead to dehydration and other complications.

Current needs:

An important piece of equipment that would help greatly is referred to as 'The Vest'. It helps with airway clearance and is extremely expensive.



Sarah's Current Daily Inhaled Treatments



One Week of Sarah's Medication - Age 3