

August 2019

Volume 1 Issue 2

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Cystic Fibrosis Foundation

Preston Campbell, M.D., announced that he will retire as President and CEO of the Cystic Fibrosis Foundation at the end of the year, following more than thirty years of service to people with CF and their families. Michael Boyle, M.D., the Foundation's Senior Vice President of Therapeutics Development, will be succeeding Preston Campbell, M.D. in this role.

For more Cystic Fibrosis Foundation news, please visit www.cff.org

Diet

It is important for CF patients to consume a highly nutritious, well balanced diet that includes foods from all food groups. This is to help ensure that the body is getting enough of the essential nutrients needed to maintain good health. CF patients face an additional challenge when it comes to nutrition. Many patients are pancreatic insufficient which means that their bodies cannot adequately break down fats, proteins, and vitamins. In addition to taking vitamin supplements and enzymes with meals & snacks, CF patients need to consume more calories in order to maintain their weight. Below are some tips to help add more calories and fat to meals to aid CF patients with meeting their nutrient needs.

Use half & half or heavy cream

Many recipes call for milk. Replacing all or part of the milk with half & half or heavy cream can add an impressive caloric boost. Add it to everyday dishes such as oatmeal, cereal, or mashed potatoes.

Avoid 'low fat' and 'fat free' foods

Many foods that are labeled 'low fat' or 'fat free' require added sugar to become palatable. You're better off with the normal versions of such foods. Always choose full fat dairy and salad dressings.

Add butter (and salt) your vegetables

Not only does this add calories and fat to your vegetables, it also adds extra flavor!

Recipe Corner

Breakfast Burrito

1 burrito-size flour tortilla
 2 sausage patties, cut up into pieces
 ¼ cup shredded cheddar cheese
 ¼ cup potatoes with butter and salt
 1 scrambled egg
 Optional: bacon, ham, vegetables, salsa, etc.
 Wrap all ingredients inside tortilla and microwave for 1-2 minutes.

Nutritional Information (per burrito)

Calories 704
 Fat 45g
 Carbohydrates 48g
 Proteins 29
 Sodium 1512mg

Great Strides Walk

Great Strides took place in Bismarck on June 8th, 2019 at Pioneer Park. There was a great turnout of walkers, families, and pets. Members of the CHI-St. Alexius Heart & Lung Clinic CF team had a great time walking. This year the Bismarck Great Strides event raised over \$19,000! We hope that we see more participants every year. It's a great way to connect and team up for the same goal. We often feel that a cure is just within reach, and with your help we are closer to achieving that dream!

Did you know?

There are more than 1700 different genetic mutations known to cause Cystic Fibrosis.

Get to Know Your Cystic Fibrosis Team!

Team Member: Stephanie Friedt, RRT, RPFT:

I am a registered respiratory therapist who has enjoyed working with the CF community for 15 years. I love spending time with my grandchildren/family, reading, and traveling.

1. What is your favorite actor? Matthew McConaughey
2. What would you sing at Karaoke night? Bohemian Rhapsody
3. What's your favorite holiday? Christmas

Important Dates:

Cystic Fibrosis Clinic Dates

September 17, 2019
 October 15, 2019
 November 19, 2019
 December 17, 2019

Patient Advocacy Council Dates TBA

33rd North American Cystic Fibrosis Conference

October 31st- November 2nd, 2019 in Nashville, TN

More information is available at <https://www.nacfconference.org/Home/>

Your CF Team Members:

Dr. Monica Paulo
 Dr. Carla Zacher
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