



## A DAY IN THE LIFE OF..... MATTHEW PARRY

Cystic Fibrosis (CF) is the UK's most common life-threatening inherited disease. Cystic Fibrosis is caused by a single defective gene. As a result, the internal organs, especially the lungs and digestive system, become clogged with thick sticky mucus resulting in chronic infections and inflammation in the lungs and difficulty digesting food.

There is currently no cure for Cystic Fibrosis, and those with CF have to adhere to a daily treatment regime of medication and physiotherapy.

Matthew Parry from Hitchin is 10 years old and has CF. He suffers particularly badly with stomach and digestion problems related to CF and usually goes to the toilet about five times a day. Matthew had a gastroscopy and colonoscopy this year to investigate some ongoing bowel problems.

This is his daily regime.

6.45	Gets up	
6.50	<b>Tablets</b>	1 x Flucloxacillin (antibiotic) 1 x Lansoprazole (antacid) 1 x Ranitidine (inhibits stomach acid production)
7.15	<b>Physiotherapy</b>	Acapella device (10-15 minutes)
7.30	Breakfast	
	<b>Tablets</b>	5/6 x Creon (digestive enzymes)
8.00	<b>Inhalers</b> (2-5 minutes)	Ventolin (to relieve wheezing, chest tightness and shortness of breath)
		Pulmicort (corticosteroid to help to reduce inflammation)

8.30	Goes to school	
12.30	Lunch	
	<b>Tablets</b>	5/6 x Creon (digestive enzymes)
15.30	Finishes school	
16.00	Snack	
	<b>Tablets</b>	2 x Creon (digestive enzymes)
16.30	After-school activity – swimming, tae kwon-do, cricket, golf or Cubs	
18.00	Teatime	
	<b>Tablets</b>	5/6 x Creon (digestive enzymes) 1 x Prednisolone (steroids) 1 x Itraconazole (to treat a bacterial infection)
19.30	<b>Physiotherapy</b>	Acapella device (10-15 minutes)
20.00	<b>Tablets</b>	1 x Azithromycin (antibiotic) 1 x Flucloxacillin (antibiotic) 1 x Vitamin E 1 x Multivitamin
	<b>Inhaler</b>	Pulmicort (corticosteroid to help to reduce inflammation)
	<b>Drink</b>	Paediasure Plus (fortified milk supplement drink)
	<b>Tablets</b>	4 x Creon (digestive enzymes)
20.30	Bedtime	

**Total tablets taken: 43**

**Total time spent on treatment: approx 1 hour**

**ENDS**

**For all media enquiries, please contact:**

Gemma Foy on 0208 290 7912 or email [gfoy@cftrust.org.uk](mailto:gfoy@cftrust.org.uk)

**Notes to Editors**

- The Cystic Fibrosis Trust is the UK's only national charity dealing with all aspects of Cystic Fibrosis (CF). It funds research to treat and cure CF and aims to ensure appropriate clinical care and support for people with Cystic Fibrosis.
- Cystic Fibrosis (CF) is the UK's most common life-threatening inherited disease. Cystic Fibrosis is caused by a single defective gene. As a result, the internal organs, especially the lungs and digestive system, become clogged with thick sticky mucus resulting in chronic infections and inflammation in the lungs and difficulty digesting food.
- Each week five babies are born with Cystic Fibrosis and three young people die – 90% from lung damage. Around half of the CF population can expect to live over 35 years, although improvements in treatments mean a baby born today is expected to live even longer.
- Further information can be found on our website [www.cftrust.org.uk](http://www.cftrust.org.uk). Help and advice for those affected by Cystic Fibrosis is available through our Helpline on 0845 859 1000. For further information, media should contact Gemma Foy on 0208 290 7912 or email [gfoy@cftrust.org.uk](mailto:gfoy@cftrust.org.uk)

**see off cf**

**11 London Road, Bromley, Kent BR1 1BY**

**Tel: 020 8464 7211 • Fax: 020 8313 0472 • [www.cftrust.org.uk](http://www.cftrust.org.uk)**

*Patron: HRH Princess Alexandra, the Hon. Lady Ogilvy, KG, GCVO President: Duncan Bluck CBE*  
Cystic Fibrosis Trust registered as a charity in England and Wales (1079049) and in Scotland (SC40196)  
A company limited by guarantee registered in England and Wales number 3880213  
Registered office: 11 London Road, Bromley, Kent BR1 1BY