



A DAY IN THE LIFE OF..... JONATHAN FARROW

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 physiotherapy to help clear mucus from the lungs, antibiotics and other medication to fight inflammation and infection in the lungs, and enzyme tablets with every meal to help with digesting food.

45 year old Jonathan Farrow from Kent was diagnosed with CF at three months old. He lives with his wife Sheryl in Rochester and runs four businesses.

This is his daily routine.

- 6.45 **Nebulised medication** – Ventolin (5 minutes) – to relieve wheezing, chest tightness and shortness of breath
- 7.00 **Nebulised medication** – Pulmozyme (5 minutes) - breaks up thick, sticky mucus that clogs airways
- 7.15 **Physiotherapy** (20 minutes)
- 7.35 **Nebulised antibiotics** – Colomycin (10 minutes) – to fight an infection called Pseudomonas in the lungs
- 7.45 **Exercise** – either 30 minutes on an exercise bike at home or an hour at the gym.
- 8.45 **Inhalers** – Seretide (two puffs) Flitxotide (two puffs) – helps relieve inflammation in the lungs
- 8.50 Breakfast
 - Tablets** – 3 x Creon - digestive enzymes

2 x Multivitamin
1 x Vitamin E
1 x Montelukast - prevents the excess mucus production,
inflammation and narrowing of the airways
2 x Azithromycin (every other day) – antibiotic to fight bacteria
1 x Cabergoline (every other day)

10.30 Arrive at work

11.30 Mid-morning snack

Tablets - 2 x Creon - digestive enzymes

13.00 Lunch

Tablets - 14 x Creon - digestive enzymes

15.00 Mid –afternoon snack

Tablets - 2 x Creon - digestive enzymes

18.30 Leave work

19.30 Dinner

Tablets - 16 x Creon - digestive enzymes

1 x Lansoprosol antacid tablet

21.00 **Nebulised antibiotics** – Ventolin (10 minutes) – to relieve wheezing, chest tightness and shortness of breath

21.20 **Physiotherapy** (20 minutes)

21.40 **Nebulised antibiotics** – Colomycin (10 minutes) – to fight an infection called Pseudomonas in the lungs

Total number of tablets taken: approx 44

Total amount of time spent on treatment: approx 2hr 40 mins (including 1 hour of exercise)

ENDS

For all media enquiries, please contact:

Gemma Foy on 0208 290 7912 or email 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. 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



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