



## A DAY IN THE LIFE OF.....VICTORIA TREMLETT

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.

Lung transplantation is a form of treatment for some patients with Cystic Fibrosis. It is appropriate only for a patient who is severely ill.

21 year old Victoria Tremlett from Romford in Essex has been waiting for a double lung transplant since July 2007 and is currently on oxygen 24 hours a day.

This is her daily routine

9.00 - 9.10	<b>Inhaler</b> – Symbicort – helps with inflammation in the lungs
9.15 - 9.55	<b>Physiotherapy</b> - either percussion, pep or autogenic drainage
10.00 -10.15	<b>Nebulised antibiotics</b> – Colomycin / Gentamycin – to treat an infection called Pseudomonas in the lungs, Ventolin – to relieve wheezing, chest tightness and shortness of breath (15 minutes)
	<b>Tablets -</b>
	1 x Phyllocontin – helps to open up the airways
	2 x Domperidone – for reflux
	1 x Esomeprasole – for reflux

11.00 -11.15	Mid-morning snack <b>Tablets -</b> 2 x Creon - digestive enzymes
13.00 -13.45 mins)	Lunchtime (due to a poor appetite meals can take between 30-45 mins) <b>Tablets -</b> 12-14 x Creon - digestive enzymes 2 x Multivitamins 3 x Ursodeoxycholic Acid – biliary agent to help the body break down fat 1 x Calcium 1 x Vitamin E 1 x Zinc
14.00 - 14.45	<b>Physiotherapy -</b> either percussion, pep or AD
16.30 -17.15	<b>Inhalers -</b> Ventolin and Symbicort - helps with inflammation in the lungs and relieve wheezing, chest tightness and shortness of breath <b>Physiotherapy -</b> either percussion, pep or AD <b>Nebulised antibiotics -</b> Colomycin/gentamycin - to treat an infection called Pseudomonas in the lungs
17.15	<b>Tablets -</b> 1 x Doxycycline – antibiotic to treat infection 2 x Azithromycin – antibiotic to fight bacteria
18.30	Dinner <b>Tablets -</b> 14 x Creon - digestive enzymes 3 x Ursadeoxycolic Acid – biliary agent to help the body break down fat 1 x Vitamin E 1 x Calcium
21.30	Evening snack <b>Tablets -</b> 20 x Creon - digestive enzymes
22.30 -22.40	<b>Tablets -</b> 2 x Domperidone – for reflux 1 x Esomeprazole – for reflux 1 x Phyllocontin – helps to open up the airways 1 x Loretidine – antihistamine <b>Nebulised antibiotics -</b> Pulmozyme - breaks up thick, sticky mucus that clogs airways

Victoria is also on naso-gastric overnight feeding to keep her weight up

**Total tablets taken:                      approx 75**

**Total time spent on treatment:      2 hours 40 minutes**

**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**

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*Patron: HRH Princess Alexandra, the Hon. Lady Ogilvy, KG, GCVO President: Duncan Bluck CBE*  
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