

# Cystic Fibrosis Center Newsletter

## Reminder

It's the time of year to start making plans to get your flu vaccine. Please make sure you are up to date on both flu and COVID vaccines.

## Important Dates

### October 2, 2022

Central Illinois Great Strides Walk

<https://fightcf.cff.org>

### October 29, 2022

Breath of Life Gala

<https://events.cff.org/PeoriaBOL22>

## Does your vest still fit?

Checking for proper fit of your vest helps make your airway clearance more effective.

You should be re-measured if

- It has been more than 6 months since your last measurements
- You have started on Trikafta since your last measurements

## Experience of Care Survey

We want your feedback!!!

The Cystic Fibrosis Foundation sends out an Experience of Care Survey after your quarterly CF clinic appointments. This survey is helpful to us and we encourage you to respond. It is sent by email and takes no more than 20 minutes.

\*\*Please share you email address with us so you can be included in this survey.

You have the option to receive this newsletter by email. If you would prefer this option just provide us your email address at your next clinic visit.

## Did you know?

Check out this children's book about CF written by a person with Cystic Fibrosis: *The Adventures of Miss Messy Suzie McGoo and the Cuff Cough Crew* by Nicholas Kelly

CF art created by artist with Cystic Fibrosis:  
[www.dylanmortimer.com](http://www.dylanmortimer.com)

## Food Ideas for Modulator Medications

Tired of taking your Orkambi or Trikafta with the same food every day? See the suggestions below for food combos that give you enough fat.

- 2 hard-boiled eggs
- 20 large black olives
- 2 whole milk mozzarella sticks
- ¼ cup hummus and pita chips
- 1 spoonful peanut butter (the size of a golf ball)
- 1 packet peanut butter crackers (Lance brand)
- Avocado toast
- 10 walnut halves, 18 cashews
- Banana with 2 tablespoons peanut butter
- Justin's single pack almond butter on graham crackers
- Jiff mini peanut butter with celery
- 5 Hershey kisses
- 8oz whole milk
- 1 Eggo Waffle with 2 teaspoons butter
- Noosa yogurt
- ½ large muffin with butter