

**CARSTAR<sup>®</sup>**  
WALK TO  
**MAKE CYSTIC FIBROSIS HISTORY**

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**MEDIA ADVISORY**

**The CARSTAR Walk to Make Cystic Fibrosis History**  
**Sunday, May 29, 2016**

**Sarnia ON (April 25, 2016)** – On Sunday, May 29, Cystic Fibrosis Canada’s Sarnia-Lambton Chapter will host the CARSTAR Walk to Make Cystic Fibrosis History at Canatara Park to help raise funds for critical cystic fibrosis (CF) research and care.

“We’ve come so far in our fight against CF,” said Tara Jeffrey, chair of the Sarnia-Lambton walk, “but there’s still so much to be done, so we ask every Canadian to join the walk or sponsor a participant, and together we can make CF history.”

Cystic fibrosis is the most common fatal genetic disease among Canadian children and young adults. There is no cure. In the 1960s, most Canadian children with CF did not live long enough to attend kindergarten. Now, many Canadians with CF are living well into their fifties and beyond, but far too many lives are still cut short.

**The CARSTAR Walk to Make Cystic Fibrosis History** will host thousands of participants in over 80 locations across the country. The walks take place every May during Cystic Fibrosis Awareness Month, when Cystic Fibrosis Canada raises awareness about the disease and raises funds for vital CF research, care and advocacy initiatives.

**EVENT:** The **CARSTAR Walk to Make Cystic Fibrosis History**

**DATE:** Sunday, May 29, 2016

**TIME:** 9 a.m. registration; walk starts at 10 am.

**LOCATION:** Kiwanis Pavilion, Canatara Park

**WEBSITE:** To register and/or make a donation, please visit [cysticfibrosis.ca/walk](http://cysticfibrosis.ca/walk).

**Cystic Fibrosis**

Cystic fibrosis is the most common fatal genetic disease affecting Canadian children and young adults. It is a multi-system disease that affects mainly the lungs and the digestive system. In the lungs, where the effects are most devastating, a build-up of thick mucus causes severe respiratory problems. Mucus also builds up in the digestive tract, making it difficult to digest and absorb nutrients from food. As improved therapies have helped to address the malnutrition

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issues, ultimately most deaths related to cystic fibrosis are due to lung disease. There is no cure.

**Cystic Fibrosis Canada**

Cystic Fibrosis Canada is one of the world's top three charitable organizations committed to finding a cure for cystic fibrosis and is an internationally-recognized leader in funding CF research, innovation, and clinical care. We invest more funding in life-saving CF research and care than any other non-governmental agency in Canada. Since 1960, Cystic Fibrosis Canada has invested more than \$235 million in leading research, care and advocacy, resulting in one of the world's highest survival rates for Canadians living with cystic fibrosis. For more information, visit [cysticfibrosis.ca](http://cysticfibrosis.ca).

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**For more information, contact:**

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