

# COOK CHILDREN'S CYSTIC FIBROSIS NEWS

VOLUME V

SUMMER 2011

The Cystic Fibrosis Center at Cook Children's Medical Center is one of more than 115 accredited CF centers throughout the nation. These centers are accredited by the Cystic Fibrosis Foundation, a non-profit organization founded in 1955 dedicated to funding research to find a cure for CF and improving the quality of life for people with the disease.

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Swimming is an excellent form of exercise for people with cystic fibrosis. However, many of us are confronted with the question of whether the benefits outweigh the risk of picking up infections? How can we minimize the risk?

Swimming is a great whole body workout, targeting all the major muscle groups in your body as you move against the resistance of the water. Some of the benefits of swimming include:

- Cardiovascular endurance
- Minimal stress on your joints
- Increased muscle tone and strength
- Increased burning of calories, helping you to

## Make A Splash

manage your weight.

- There is also the social aspect to swimming, swimming with your school, with friends (increasing number of people have pool parties for birthdays), swimming on holidays either at home or abroad.

Due to the water temperature of swimming pools and the chemical treatment of the water involved, the risk of picking up an infection is minimal

*If you have any doubts about the cleanliness of your local pool, don't hesitate to ask any questions.*

### How do we Minimize the Risk?

Very simply, ask your pool for the following information so you can make an educated judgment on how clean your local pool is.



## SCHOOL FORM REMINDER



The new school year is just around the corner! Don't forget to pick up your school forms from the CF Clinic! Also, please be sure to think about any 504 or IEP plans that you would like to be initiated at least two weeks before school starts!

## Staying Fit with Cystic Fibrosis

Check out this video designed specifically with the CF patient.

### Exercise Your Future — Staying Fit with Cystic Fibrosis

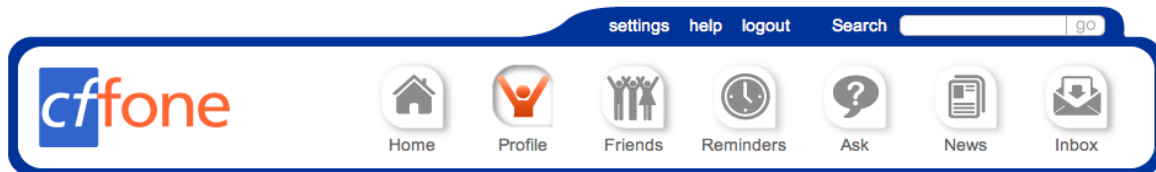
In this video, experts on cystic fibrosis show us how important physical activity is in coping with CF. From the toddler to the young adult, we demonstrate series of exercises that can help you stay fit with cystic fibrosis.

<http://www.seattlechildrens.org/videos/exercise-your-future-staying-fit-with-cystic-fibrosis/>





A new website for and about teens and young adults who have Cystic Fibrosis!



**Cffone** is an internet and cell phone program that provides:

- A social network for teens and young adults who have CF
- A community of friends who have similar personal interests
- A talking "Avatar" that answers CF-related health questions
- A personal text messaging reminder system to help manage busy lives
- Up to the minute news stories, radio reports and video clips about CF discoveries, activities and interesting people

[www.cffone.com](http://www.cffone.com)

Questions?  
[support@cffone.com](mailto:support@cffone.com)

## CF ROUNDTABLE

CF Roundtable is a quarterly newsletter published by the United States Adult Cystic Fibrosis Association, Inc. (USACFA) and is written by adults who have CF for adults who have CF. This newsletter provides helpful information and articles and gives many CF adults a sense of community. In order to reach out to even more adults, they have launched a new, updated website! It provides people the opportunity to subscribe to the newsletter online and option to receive the newsletter electronically. Please take a moment to see the new site at

<http://www.cfroundtable.com>



# Eat the Rainbow

A guide to colorful foods and their valuable antioxidant combinations

## What is an antioxidant?

Many people have heard the term “antioxidant” before but what does it mean? In order to understand what an antioxidant is, you need to know what a “pro-oxidant” is. One of the most basic needs of life is oxygen. Oxygen is used by each cell in our body to change food into energy through a series of chemical reactions. However, in the process, some cells lose one of their electrons (charges on the cell that keep them stable). These unstable cells which are often called “free radicals” or “pro-oxidants” can have negative effects on our body. Here is the fun part!

Anti-oxidants give an electron to the free radicals and make them stable again. The positive effects of antioxidants are well known and include decreasing inflammation, clearing arteries, and protecting cells from mutations. There are different types of antioxidants. Some are naturally made inside our body and some are available in our diet. Dietary antioxidants include some vitamins, minerals, and other organic compounds. Examples include carotenoids, flavonoids, organosulfurs, selenium, sulfides, vitamin C and vitamin E.



## Why are antioxidants important in CF?

Lung infections cause increased cellular stress which leads to more free radical formation. Research indicates that people with CF have lower levels of antioxidants in their blood due to lower absorption. As a result, individuals with CF are at higher risk for cell injury from free radicals. All of this suggests that people with CF should strive to get higher amounts of antioxidants in their diets.

## Should I take an antioxidant supplement?

It may be tempting to add an antioxidant supplement to your daily medication routine, but it's not that simple. There are questions of absorption and digestion, optimal dosing, and potential toxicity or harmful effects to consider. Plus, foods rich in antioxidants often contain other healthful components such as fiber, vitamins and minerals. The best advice at the present time is to consume antioxidant-rich foods often. Buy your groceries with the rainbow in mind. Portions don't have to be large - add a spoonful of berries or nuts to your cereal or salad. Sample all different ethnic cuisines. Cook with dried beans (red, pinto, black, kidney). Expose young children to the rainbow of foods at an early age so they will be adventurous eaters as they get older. Please speak with your doctor before adding any additional supplements to your diet.

## The Antioxidant Family: Eat the Rainbow

Here is a chart of the most common antioxidants and the foods that contain them. Try to incorporate some of these colors each day to help boost the antioxidant content of your diet.

### Food Color Antioxidant Food Sources

**Red:** Tomato, guava, strawberry, watermelon, red peppers, red currants, beets, cherries

**Orange:** Carrots, pumpkin, cantaloupe, sweet potatoes, papaya, apricots, orange, citrus fruits

**Yellow:** Yellow fruit / vegetables: lemons, pineapple, egg yolk, corn

**Green:** Spinach, kale, collard greens, romaine lettuce, dark leafy greens, broccoli, brussel sprouts

**Blue:** Berries, grape, wine, figs, dates, grape juice

**Purple:** Berries, grape, wine, figs, dates

**Brown:** Wheat germ, tree nuts, peanuts, brazil nuts, whole wheat, flaxseed

**White:** Mono-unsaturated oils, onion, garlic, cabbage, cauliflower

**Black:** Black beans, black mushrooms, black sesame seeds, black grains, tea

## Tuna Clown Face

Who says you can't play with your food? Making a tuna clown face is fun – but it's also a delicious snack!

Here's what you need:

- Can of tuna
- Mayo
- All your favorite veggies! Try baby carrots, tomatoes, bell peppers, cucumbers and mushrooms

Here's what you do:

1. Drain the tuna and mix it with the mayo
2. Scoop the tuna onto the middle of your plate
3. Use your imagination and make a clown face out of fresh cut veggies



*Download this Recipe*



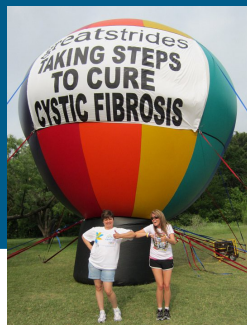
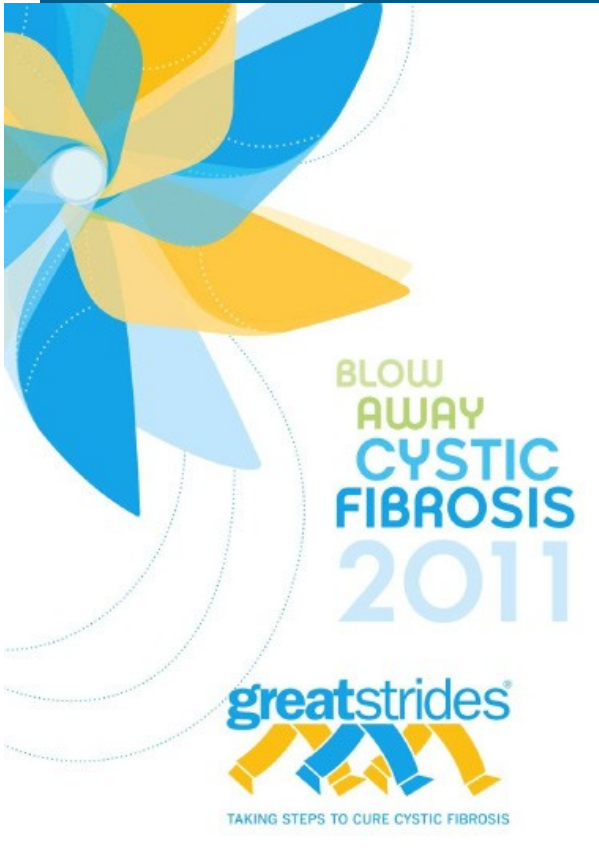
# Great Strides 2011

This year's Great Strides walks helped the Cystic Fibrosis Foundation raise over \$300,000 and the donations are still coming in! With over 200 walkers at four walk sites in the Dallas/Fort Worth area this year's Great Strides was one of the most successful yet! Thank you to all participants and donors for making a difference and helping to "Blow Away Cystic Fibrosis!"

## How much did we raise??

- Weatherford -- \$20,000
- Granbury -- \$18,000
- Fort Worth -- \$305,000

*Even though the walk is over, you can still turn in and collect donations!  
Every dollar counts in helping to fund important CF research!*





## LOCAL AIR QUALITY CONDITIONS AND FORECASTS

The summers in Texas bring us not only the sweltering heat, but also air pollution. Log on to [www.airnow.gov](http://www.airnow.gov) and find your local air quality conditions and forecasts. This up-to-date information allows CF patients to know if the air quality index has reached an "orange" level, which is unhealthy for sensitive groups. Specifically an "orange" level means:

- ✦ "Unhealthy for Sensitive Groups" AQI is 101 - 150. Although general public is not likely to be affected at this AQI range, people with lung disease, older adults and children are at a greater risk from exposure to ozone, whereas persons with heart and lung disease, older adults and children are at greater risk from the presence of particles in the air. Limit outdoor exposure or stay in an air conditioned area

Sign up today to receive alerts via email or text!



**EnviroFlash** provides air quality information such as forecasts and action day notifications via email for your area of interest. [Sign-Up](#)

Thinking about vacation?

View a presentation by Ana

Stenzel and

Isabel Stenzel Byrnes, CF Pa-

tient Advocates,

who share helpful tips about traveling with CF.

[http://www.cfri.org/](http://www.cfri.org/TravelingwithCF.shtml)

[TravelingwithCF.shtml](http://www.cfri.org/TravelingwithCF.shtml)

## "Fasten Your Seatbelts"... Traveling with Cystic Fibrosis





**Cook Children's Medical Center  
Cystic Fibrosis Center**

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Phone: 682-885-6299  
Fax: 682-885-1090  
Email: [www.cookchildrens.org](http://www.cookchildrens.org)

**Making CF stand for "Cure Found"**

**Pediatric CF Center Staff:**

Center Physicians: **James Cunningham, MD**– Center Director (Nurse: Stacy), **Nancy Dambro, MD**– Center Director (Nurse: Charity), **Maynard Dyson, MD** (Nurse: Stacy), **Sami Hadeed, MD** (Nurse: Sharon), **John Pfaff, MD** (Nurse: Tiffany), **Karen Schultz, MD** (Nurse: Paulette)

**Adult CF Center Staff:**

Center Physicians: **John Burk, MD**– Adult Center Director, **Steve Davis, MD**, **Stuart McDonald, MD**

**CF Coordinators:**

Janet Garbarz, Carrie Stradley 682-885-6299 (#6)

**Dietitian:**

Staci Brummett, Christina Puga 682-885-7496

**Respiratory Therapists:**

Deanna Pinckney, Alex Rasmussen,  
Crystal Thompson, Cindy Corn 682-885-4189

**Child Life Specialist:**

Amy Kaufhold 682-885-4892

**Social Services**

Jamie Cole 682-885-2863

**After hours and on weekends/holidays, call 682-885-4000**

## Boomer Esiason Foundation Scholarships

The Boomer Esiason Foundation offers a wide variety of scholarships available to those living with CF. Check them out at [www.esiason.org](http://www.esiason.org)

- Boomer Esiason Foundation General Academic Scholarship
- Exercise For Life Athletic Scholarship
- Sacks for CF Scholarship
- BEF Scholarship of the Arts
- Bonnie Strangio Education Scholarship
- Rosemary Quigley Memorial Scholarship

