

**Alexa H.**

**Cystic Fibrosis Timeline**



# 2005

I was born in June of 2005: just one year before cystic fibrosis screening became mandatory for newborns in Nebraska.

I had some atypical health problems, but was not diagnosed with CF until I was six years old.



# 2011

I was diagnosed in 2011, just three months before my sister was born and diagnosed as well. It was difficult, but my family worked together to create a new routine and live our lives as close to normal as we could!



# 2019

In 2019, I developed a persistent cough and needed my first tune-up. My parents came to pick me up from school, but instead of going to the hospital, they told me that my new medication was finally approved by insurance that morning. I started the new medication, and my cough disappeared without a hospital visit.



# 2020

The COVID-19 shutdown proved to be difficult in 2020. I missed the end of my eighth grade year, and my family was strict with social distancing rules because of CF. However, the pandemic allowed my family to have quality time that our otherwise busy lives didn't permit.



# 2024

I am graduating this year and will be attending Drake University to study pharmacy in the fall. I could not be happier to be able to start this next chapter of my life, and I can't wait to see what my future holds.

