



Speaking from Experience *Cystic Fibrosis in Adolescence*

Transcript for chapter 1 of 8: Major frustrations

Andrew (23) - When you're growing up with CF, it's very difficult, as all children and adolescents would know. You're told what to do. Told when to have your tablets. Told when to do your physio, and they're things that you don't really want to do.

Shane (17) and Kristy (14) - When I was eight I wasn't really that sick at all. So, I wasn't that frustrated, because I could do what I wanted. Now I've got a lot of issues, and I can't go anywhere without my milk or my food and my physio. I have to plan it weeks ahead. And then, if I get sick, I can't go. I didn't really have to worry about that when I was eight. But now I do.

Andrew - Issues will change, more because you tend to accept and grow with CF. You learn more about it and you learn that's the way it is and it's not that bad. You can still lead a relatively normal life.

Geoffrey (15) - Probably doing physio and taking tablets, when you go out to restaurants or friend's houses... people who don't know, also, such as mate's houses, and their parents don't know much about it. You have to have your physio there, if you stay the night.

Shane (17) and Kristy (14) - I used to go horse riding a lot, but I had to quit because I'm not well enough to do it. And when I can't do things because of my health, it really bugs me.

Angeline (17) - I know when I go out places and your friends are smoking, that can be pretty annoying. You have to be careful. Sometimes you'll go to a party and there'll be smoke all in the room, you might just have to go outside. So, you don't know whether to go outside or stay indoors, because of the smoke. Just recently, my friends and I go swimming. I can't do as much as they can, but they're normally pretty understanding.

Geoffrey - If people are smoking, I try to get out of their way, if people are breathing on me. It just comes naturally because heaps of people do it, but I still try and get out of the way.

Melissa (20) - Mainly coughing. Sometimes, I don't even think about it. Other times, other people mention it and then I think, "oh yeah, I have been coughing". When I'm in the library or in a lecture, constant coughing annoys me and I know it must annoy other people.

Geoffrey - When I've been sick, it's made me really determined to get myself well. Do everything that I'm supposed to do and make sure that everything is up to date. Do nothing wrong and make sure I'm doing everything right.

Corrine (15) and Ardon (14) - We've got a little brother with asthma which is sort of annoying for him, and sort of annoying for us. We have asthma as well as CF, which is a big hassle. If you know what CF is and you know what asthma is - stuck together, it's a really big problem.