

22 September 2021

ROLL UP

The CF Donut came from a simple premise. We wanted to map out and explore the co-morbidities associated with cystic fibrosis (CF) and so offer our community a more cohesive picture of CF in all its forms.

When we came up with the image of the Donut, it was to express the idea that cystic fibrosis extends beyond classic symptoms such as lung infections and failure to absorb sweat - there is a web of complex interactions existing on the periphery of these classic symptoms that encompasses our entire health and lifestyle.

Accordingly, the Donut metaphor places CF itself smack bang in the middle - in the 'hole' of our metaphorical Donut. The ring of dough and icing represents all the CF co-morbidities that spring out from the central profile of this disease.

This may seem like a morbid or hopeless exercise. On the contrary, it has helped bring home and visualise to many people the necessity for wholistic approaches to CF that treat the whole body and life of the individual and not just certain symptoms.

CF is complex precisely because it is interconnected; the beauty of certain therapeutic approaches like CF diet and exercise programs (as well as mindfulness and other lifestyle interventions) is that the benefits are likewise interconnected and often cascading.

The CF Donut may take its name from a somewhat whimsical metaphor, but it was an extremely serious undertaking, and we could not have gotten this far without the help of our many, many project advisors.

Naturally we began with our Consumer Consultants, adults with CF and parents from the Community. They helped us understand the way CF education currently reaches consumers and how it can be improved.

Next, we hit the books and journals so that we would be ready to start mapping CF co-morbidities. The real work began when we enlisted our CF medical and research experts for submissions, editing and advice.

In the end, more than 40 people consulted on this project. The continual collative editing and re-writes made this feel like one of the most genuinely collaborative projects that CFA has ever produced.

Feedback from readers of the Donut has been stellar so far, and we are grateful to everyone who has engaged with the material both pre and post launch. It seems like the Donut is most useful to those who were previously feeling overwhelmed by the complexity and possibilities of CF.

We have had some touching messages from new parents of babies with CF and from adults living with CF in regional Australia who often don't have the same access to support from hospitals. This makes the titanic effort behind the CF Donut more than worthwhile.

CFA won't stop here, and we are keen to know what other issues need to be addresses in the Donut. Send your thoughts to nickim@cfa.org.au.

Now that you know a bit of the background, we encourage you to visit the CF Donut and peruse at your leisure. We want everyone to take something useful away from this project. But a word of warning to all our avid CF students – this particular Donut may be a little too big to consume in one sitting.

[VIEW HERE](#)

Kind regards

A handwritten signature in black ink that reads "Nettie Burke". The signature is written in a cursive, flowing style.

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