

A PEEK INTO MY LIFE WITH CYSTIC FIBROSIS

Samantha M.

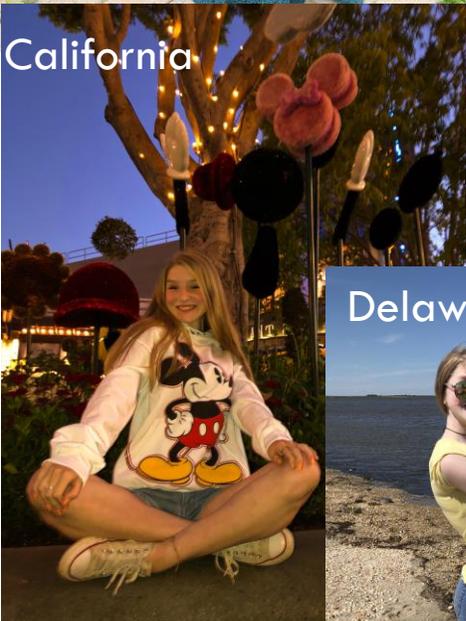
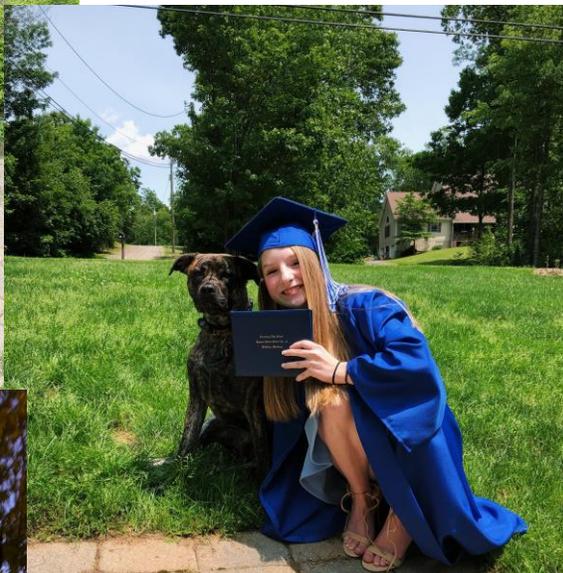
IN THE PAST YEAR I HAVE:

Graduated high school as a National Honor Society Member!

Traveled! I've seen Delaware, California, and explored around my home state of Connecticut!

Went to senior prom!

All in the hopes of living the most "normal" life possible, and not letting CF stand in my way.



California

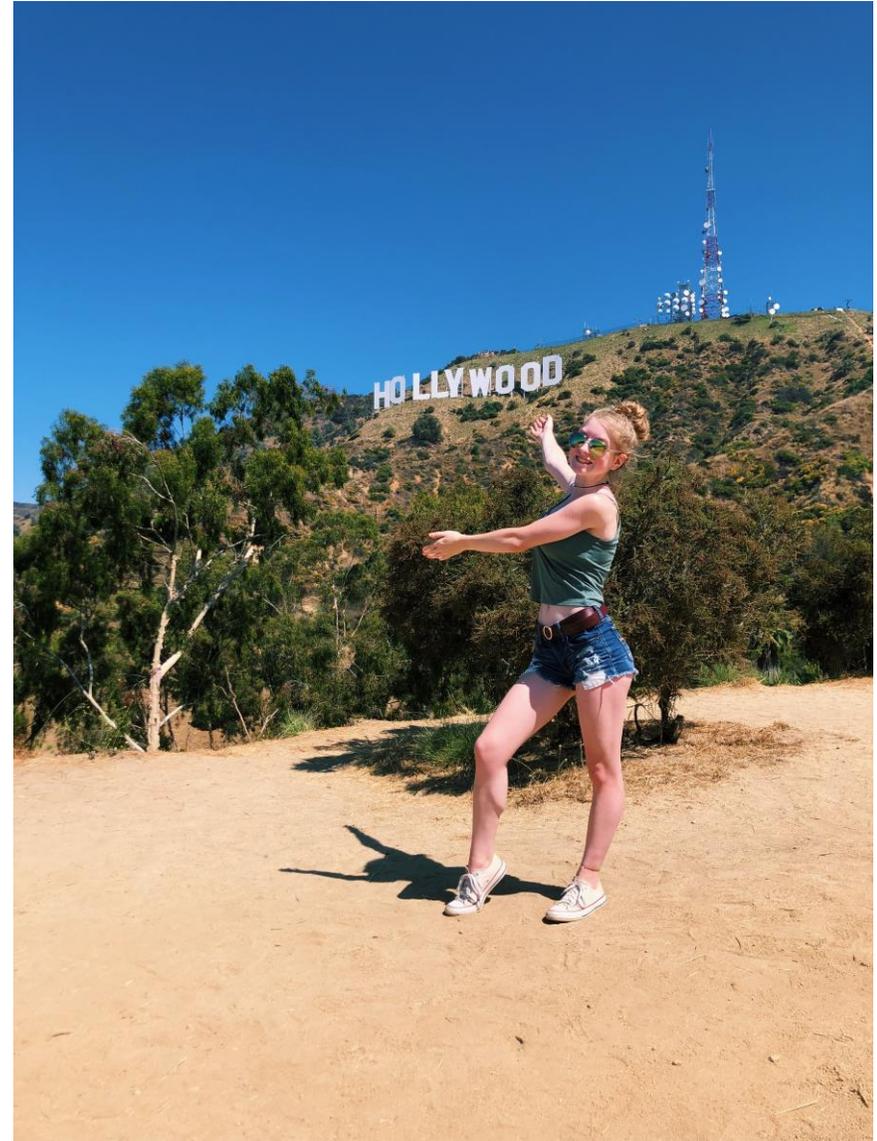
Delaware

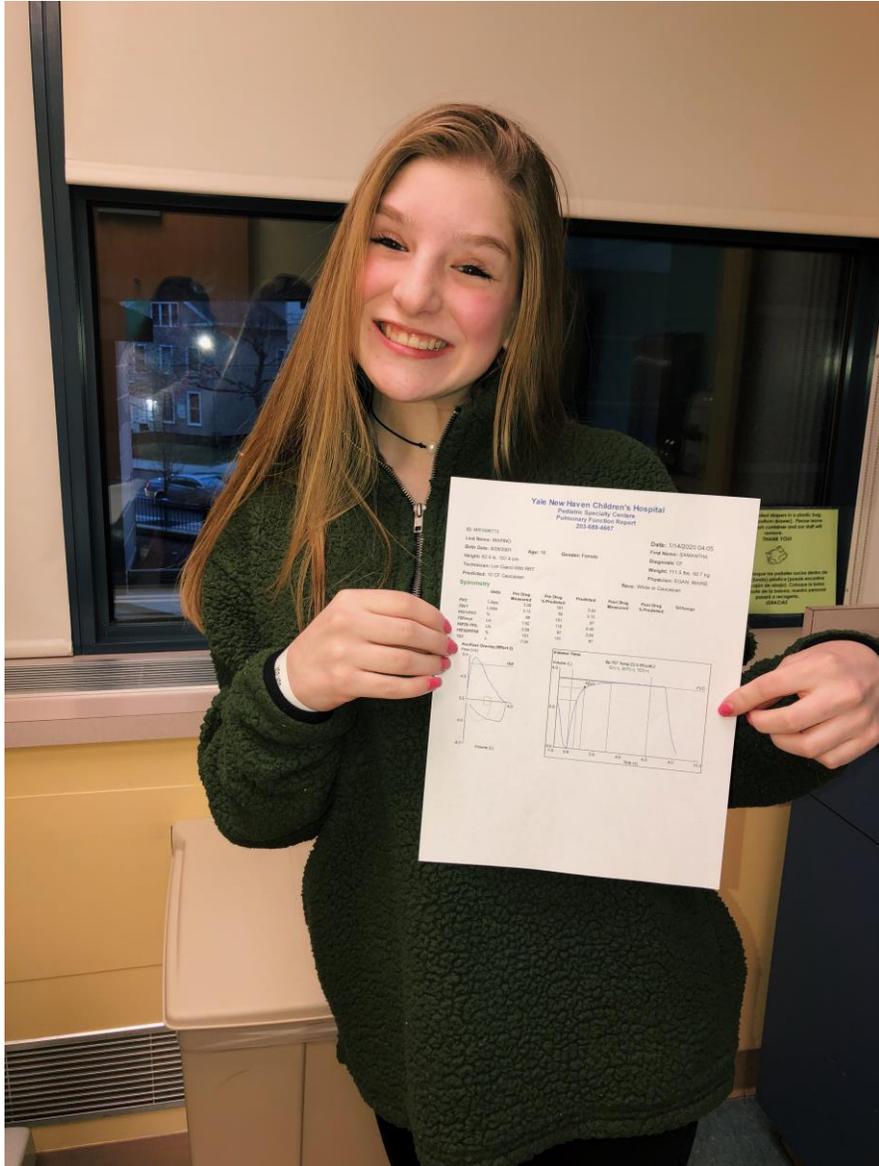
Connecticut

AN INSPIRING MOMENT:

The hike up to the Hollywood Sign

A 4 mile uphill hike in the hot, humid dessert of Los Angeles, CA. I headed up with the hopes of placing a check on my bucket list. However, something much better happened when I got to the top. I was overwhelmed by joy from my aunt and cousin that I had defied CF stereotypes and made it through the complicated hike. When I am feeling defeated by my condition I remember this moment, and the happiness I felt upon taking this photo.





THE HARD WORK PAYS OFF

After a fairly steady decline in my lung function due to a bacterial infection, I was finally on a track back up. After months of increased respiratory therapy, I completed my PFTs. I received the paper depicting my lung function had increased from 86% to 99%. The smile you see on my face was a smile of accomplishment and pure happiness. This again, is a moment I look to when I am feeling defeated.

I ASKED MY FRIENDS THEIR POINT OF VIEW ON MY LIFE WITH CF

Here's what they said:

sammi is one of the strongest people I know. many people might say that is because she has cf, but to me it's because of how she handles herself and treats others regardless of her condition. she's one of the most determined people i know and doesn't let her cf limit what she accomplishes. she's such a positive influence, and encourages others to see the best of every situation despite facing difficulties herself. she truly is an example of not letting a condition like cf define who she is and what she is capable of, and im so lucky to call her one of my closest friends :))

Sam has been a constant inspiration in my life. When I need just a little bit of strength or courage I turn to her because I have never met someone stronger. I have watched her fight through CF her entire life and I truly have never met someone so amazing. She has done such great work for the CF community and I can't wait to see what she accomplishes in her future as a therapist for children with medical disorders.

sammi is absolutely the strongest girl i know ❤️ even though cf is a disease and difficult to deal with, she took it as something in her and made it a part of her personality and lifestyle. when i'm with her, i see that she lives by "how can i make myself stronger and beat this" instead of letting it stop her do the things she loves. she's always achieving her goals, always pushing harder than before, and growing as a human. i'm so proud to see her win her battles, and become the person she is today.

Sammi is one of the bravest people I have met throughout my life. I am so lucky to know her and I could honestly say I aspire to be like her. She has faced countless challenges and obstacles throughout her life, yet she is so resilient and keeps a smile on her face no matter what she is going through. She empowers me and those around her to be a better person and not take any aspect of life for granted. She never lets Cystic Fibrosis hold her back and continues to be a ray of sunshine and positive light. Her life is an ongoing battle, but she is one strong warrior. She is an inspiration not only to the CF community, but to her family and friends as well.

A QUOTE THAT INSPIRES ME

To close I'd like to share a popular quote in the CF world, a quote I literally carry with me everyday.

That quote is, "Just Breathe." CF patients here this constantly and those two words changed my life. Whenever I feel powerless, I say those words. They remind me I am strong, I am capable, and above all I can do this. I hope to inspire others of the same.



As you review seemingly millions of applications, I remind you to "Just Breathe." Thank you for your time.