



Living Life With CF

Katherine R.

A Glance at My Life in the Past Year



took a few short summer trips with my family



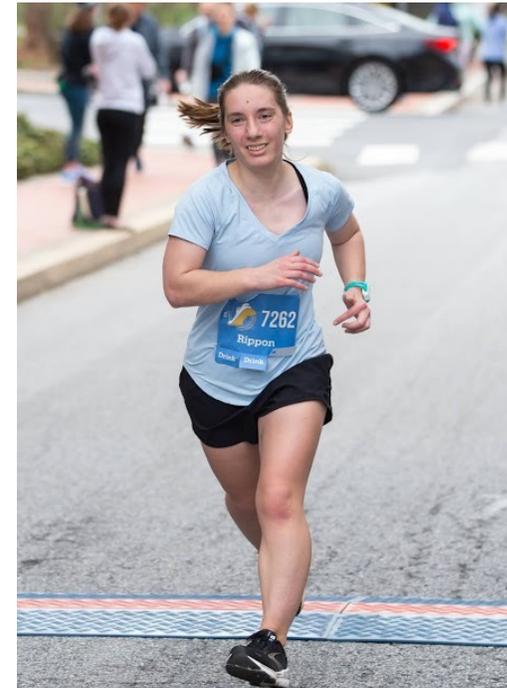
sophomore year of college at the University of Delaware!



My Running Journey and CF



I started running when I was in 8th grade with the goal of completing a 5k. I soon realized how much I enjoyed running and how beneficial it was for my health, so I joined the cross-country team as a freshman in high school and ended up running for all four years. Even though I'm not running for a team in college, I still run regularly to keep myself healthy!



This past spring, I completed my first half marathon! I gradually built up my distance throughout the winter and early spring, and I truly enjoyed my long training runs each week.

New Adventures and Staying Active



I also started rock climbing this fall, and it's now one of my favorite activities besides running!



I've been going on more hikes and exploring nearby cities with my friends



Nutrition-Related Interests

Instagram: @_caffeinatedkatie

here are a few things I've made in the kitchen lately...



I've also had the chance to make a different recipe each week in my food concepts course this spring while learning more about the physical and chemical properties of food.



I'm studying nutrition and dietetics, and this past summer, I started an Instagram account to share my passion for all things food-related!

What I've Learned From My Experience With CF

I was diagnosed with cystic fibrosis and Celiac disease at ages three and five, respectively. My doctors and specialists checked in with me routinely to see how my treatments were going and to address any issues as they arose. But more importantly, they wanted to help me learn, grow, and excel in all of my endeavors. They always asked about my hobbies and interests and how I was doing in school, and they focused on helping me accomplish my personal goals and pursue what I love... I realized how much running could benefit me physically and mentally, so I decided to join the cross-country team in high school. Through my experience with running competitively for four years, I learned about the importance of proper nutrition both in preventing injury and helping me to perform to the best of my ability. Inspired by the care I received from my doctors and CF care team, I know that I want to pursue a career as a registered dietitian nutritionist (RDN). I still have several years of education ahead of me, but I hope to use my abilities, experiences, and perspectives to help other people and improve their quality of life.

-- excerpt from an article I wrote for my CF clinic's Spring 2021 newsletter

Living with CF has taught me independence, helped me grow in my ability to communicate with others, and forced me to be more flexible with my plans and to take things one day at a time. Recently, I've learned to appreciate the small details and moments that I get to experience, even in the midst of a busy and stressful semester.

A word that inspires me daily is the word "joy." Although I can't always control my circumstances, I know I can control my attitude and my response. I strive to have a joyful approach to life, with deep appreciation for the spontaneous and beautiful moments that occur even in the challenging situations.