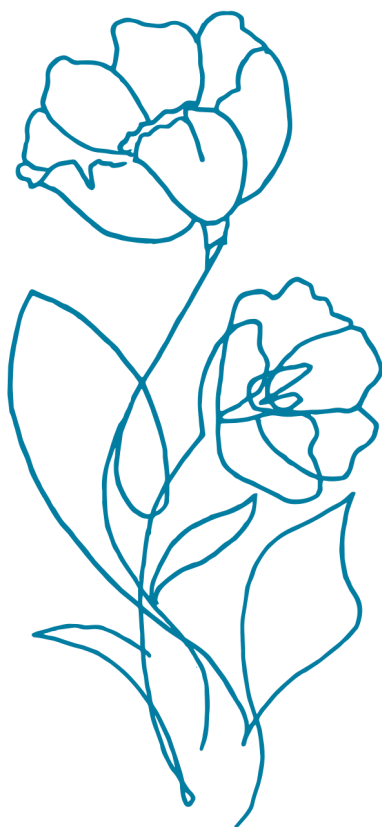


A GUIDE TO CYSTIC FIBROSIS FOR ADULTS





Cover artwork & illustrations throughout
by CFNZ's very own Lizzie Mackay -
Communications and Public Awareness
Manager

Contact:

T: 09 308 9161

E: admin@cfnz.org.nz

Fundraising:

T: 09 308 9161

E: fundraising@cfnz.org.nz

ABOUT THESE GUIDES

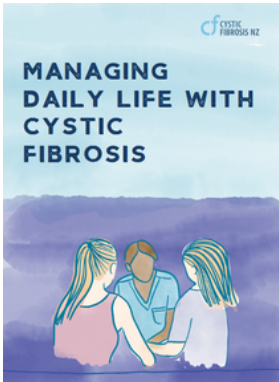
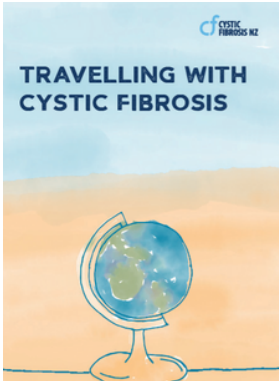
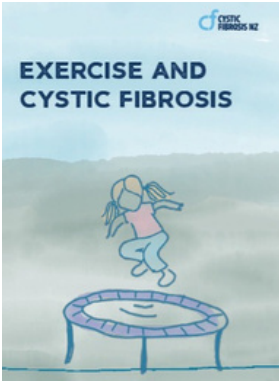
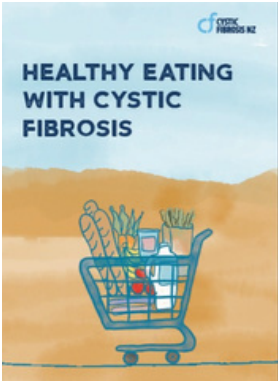
These guides are for New Zealand adults with cystic fibrosis (CF). It contains information about mental health and wellbeing, sexual health, transitioning between CF teams, fertility, family planning, travelling, healthy eating and exercise.

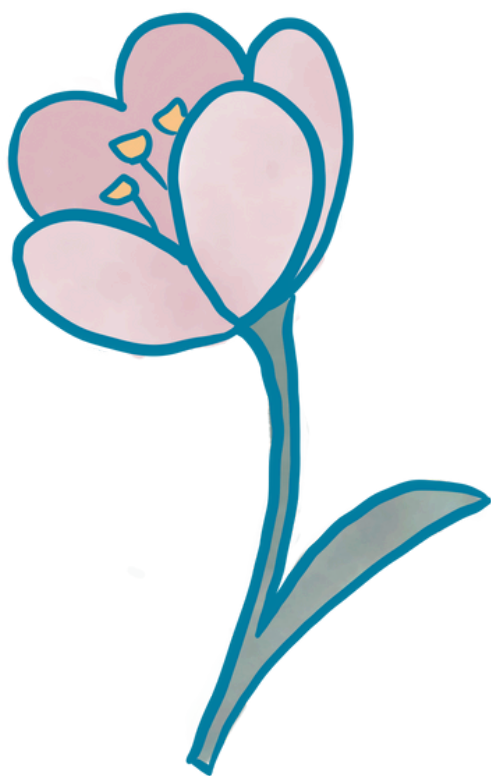
The guides also contains information about how CFNZ can continue to support you as an adult, including fieldworker services, financial assistance, grants and scholarships.

Included in these guides are advice and tips from New Zealand adults with CF, fieldworkers and other health professionals, which offer practical ideas and advice for all Kiwi adults with CF.

DOCUMENTS IN THE ADULT GUIDE SET:

Click on icon to below to view other resources.





Published: September 2024
Cystic Fibrosis New Zealand

Contact Cystic Fibrosis New Zealand
0800 651 122 / info@cfnz.org.nz
64 Grafton Road, Grafton, Auckland 1010
