

## CF CHAMPION – LINDSAY COLLICOTT



I am writing this about a CF Champion who would never write about herself. Her name is Lindsay Collicott and she is my daughter.

Lindsay was born in 1986 and she was the most beautiful thing I had ever seen. She was happy, and healthy (as far as we knew) and we loved her more than anything. Two years later her sister Courtney was born and we found out immediately that Courtney had Cystic Fibrosis. It wasn't until we started researching this disease that we noticed that many of the symptoms of Cystic Fibrosis were being exhibited by Lindsay. She had never been sick but she did show a few symptoms of the disease. It was devastating as parents to have to face the fact that both of our beautiful daughters might not make it to adulthood.

Fortunately, it wasn't until both girls were in their late teens that they started having any real health issues. Lindsay, in particular, started to struggle with her declining lung function. She is a very private person and did not easily let people know of her disease, so while some people may have thought her to be standoffish, her family understood it to be a form of self protection. This beautiful girl never once complained, cried, or screamed at the unfairness of this disease. Of what it had robbed her of or how it changed who she was. She finished university with a degree in Communications and now has a fabulous job, owns her own home and most recently travelled to Greece.....while also living with a 25 - 30% lung function. She is a true warrior and I am so proud that she is mine!

Lindsay was assessed for lung transplant in the fall of 2018 and being who she was decided she wasn't ready for that. She started to exercise with more determination and began to change her entire perspective on this life that she was living. Her health

actually got better and it was determined thankfully that she was not sick enough to be listed for transplant. Lindsay was also recently approved for the new “miracle drug” Trikafta on a compassionate care basis from the drug company Vertex. This drug is only the start of what is coming in CF care.....this is where our research dollars are going. This is why we do what we do.....please keep donating and please keep supporting this cause. We are going to beat this disease and we are going to do it soon for all of our CF Champions!!

***If this story inspired you in any way please consider [registering](#) for the 10th Annual Outrun CF Walk/Run or support Outrun CF by making an [online tax deductible donation](#).***

***If you are or know of someone who is a CF Champion and would like to share your/their story please email [info@outruncf.ca](mailto:info@outruncf.ca).***

## CF CHAMPION – COURTNEY COLLICOTT MASTERS



My name is Courtney Collicott Masters, I am 31 years old and was diagnosed with cystic fibrosis (CF) the day after I was born. Following an emergency abdominal surgery and a stay at Sick Kids Hospital, I went home and began to live my life. My parents quickly realized despite having CF, I was a fairly typical child! Two years later, my older sister Lindsay was also diagnosed with this disease, and we began making our quarterly visits to Sick Kids together. Our childhoods were quite 'normal' and we lived our lives as anyone else would. I grew up playing competitive sports, and my lung health was always above average; breathing wasn't a challenge for me. I did however, have some abdominal issues, but nothing that stopped me from living my life as I wanted to.

It wasn't until I was 18 that I began making trips to the emergency room once or twice a year for abdominal pain, and over the next few years those visits became more frequent and severe in nature. By the time I was 25, I was really sick. I ended up being in the hospital for six weeks in 2014, and the following 18 months were the most difficult of my life. It took another full year of combining modern and alternative medicine, but I eventually recovered and my abdominal health was restored.

I got married to the most incredible man in the world in 2016, and gave birth to our beautiful daughter Cooper, in 2017. She has completely turned our world upside down (in the best way possible), and the appreciation I have for my life grows stronger every day.

With spending almost two years close to completely sedentary, I began to struggle with my lung health. I now have a very small understanding of what my sister has gone

through for many years, and the physical and emotional toll declining lung health can have on a person.

Every once in a while, I let myself wallow in self-pity a little bit, and allow my fears to come to the surface. I'm terrified of leaving my daughter, husband and family behind. I don't stay in this place for very long, and it doesn't happen often, but I would be lying if I said CF didn't scare me.

CF has also done something else for me, however. It has given me an outlook and attitude towards life I otherwise would not have. If I could change things, I would take CF from my sister; I wouldn't take it away from myself though. It has helped shape who I am, and help me discover who I truly want to be. I am grateful for all of my life experiences, the struggles and hardships, but mostly the ability to find beauty, joy and gratitude, even during the darkest of times. My CF friends are some of the strongest fighters I have ever had the pleasure of knowing, and I am so incredibly proud to stand among these warriors.

I am so grateful a miracle medication, Trikafta, has been developed and approved for use, which has the ability to help over 90% of CF patients regain lung function and life! We are now dedicated to ensuring all Canadians can access this medication, which is not the case at the moment. It is a major failure on our governments end, and so incredibly disappointing to CF patients and families in this great country. This is our next great challenge, and one we hope you will join us in!

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