

# Cystic Fibrosis Week – Don't Sweat It

This Monday 24 June is the start of Cystic Fibrosis week, a week aimed at raising the awareness of Cystic Fibrosis in the UK. C.F affects over 9,000 people in the UK. You can find more about C.F week [on their website here.](#)

Cystic fibrosis is an inherited genetic disorder characterised by problems with sodium chloride movement within the body. Complications are caused by a faulty protein which can lead to most often and most critically problems of lungs prone to infection. C.F can, amongst other things, also cause problems to the liver, intestine and pancreas.

Living in Edinburgh with C.F I've been provided with help (aside from some great NHS care) from two fantastic charities, the Butterfly Trust and Cystic Fibrosis foundation. As a thanks I want to help raise awareness and offer my services as a writer to help raise funds.

I've written a blog post to that end and keen for people to read it, and the details of C.F to raise awareness and funds for the fantastic work these organisations do. Please take a look [here on my website.](#)

Submitted by [Joshua Turner](#)

