Summer 2026

Stanford MEDICINE
Children's Health

Cystic Fibrosis Center **News**

Stanford CF Center Update: Caring for the Whole Person With CF

—Alicia Mirza, MD, and Lori Lee, MD, PhD

People with cystic fibrosis (CF) are living longer and healthier lives than ever before. Thanks to newborn screening, specialized CF centers, multidisciplinary care, and CFTR modulators, the CF community has seen dramatic improvements in life expectancy over the past several decades.

As CF care continues to advance, the way that care is delivered is evolving too. During the Stanford CF Education Day, our pediatric and adult CF associate program directors, Lori Lee, MD, and Alicia Mirza, MD, shared updates on Stanford CF Center outcomes and how we are working to provide personalized, comprehensive, and forward-looking care for people with CF across every stage of life.

Stanford CF Center Outcomes

Over the past year, the Stanford CF Center demonstrated strong adherence to comprehensive, team-based CF care, performing above the national median for evaluation by core CF team members. Additionally, the Stanford CF Center was above the national median for annual screening labs and influenza vaccination, reflecting the center's consistent preventive surveillance and care across the program.

Why Is the CF Care Model Changing?

For many people, highly effective modulator therapies have transformed daily life with CF. Some individuals are experiencing fewer hospitalizations, improved lung function, and less-frequent exacerbations. Others, including people who are not eligible for modulators, still face significant treatment burden and ongoing health challenges.

At the same time, the CF population is becoming more diverse. In 2024, more than 23% of

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newly diagnosed people with CF identified as Hispanic, Black, Asian, multiracial, or another race or ethnicity other than white. At Stanford, 35% of our patients identify as Hispanic.

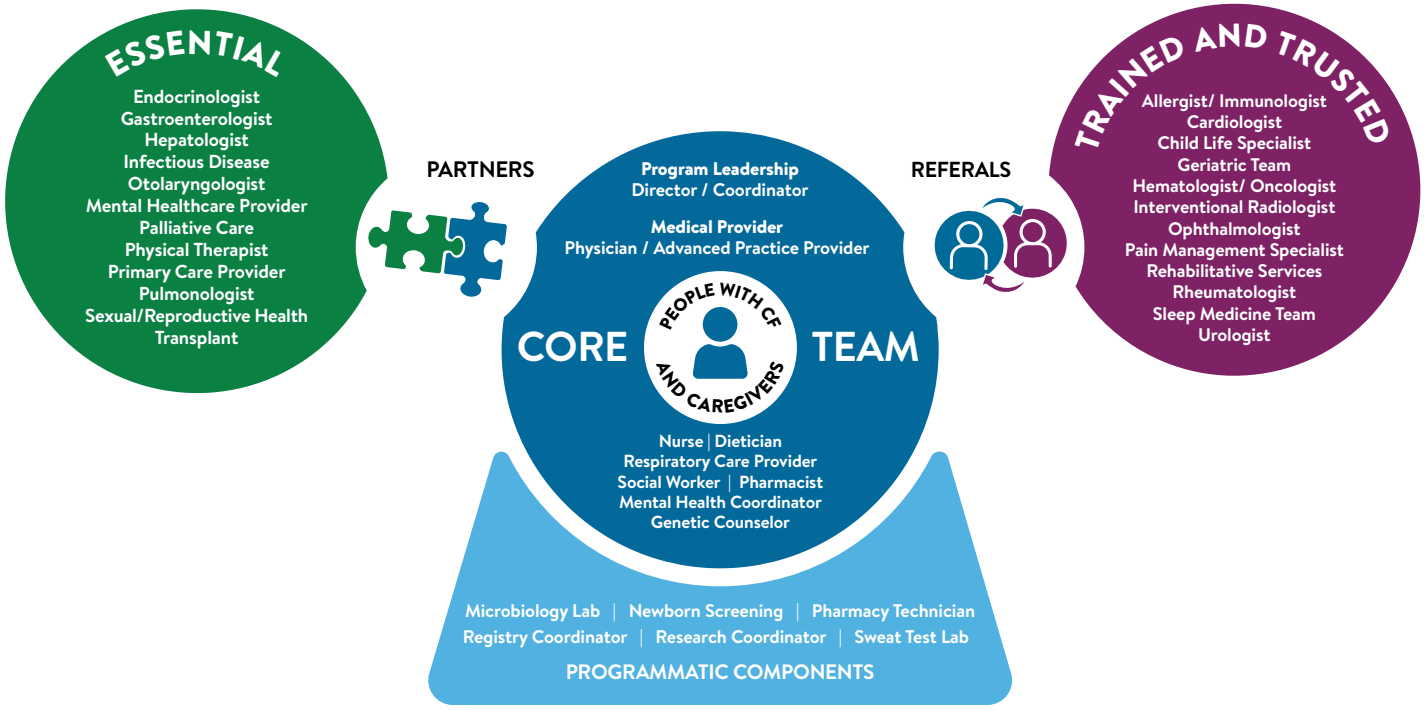
These changes mean that a one-size-fits-all approach to care no longer works for everyone. As new therapies continue to improve health outcomes, the CF community is also rethinking how care should be delivered in the future. The Cystic Fibrosis Foundation (CFF) published two papers with suggestions for how the care model and the care teams could be redefined. [1,2]

Looking Toward the Future

The updated CFF care model emphasizes personalized care that adapts to everyone's health status, lifestyle, treatment goals, and social needs. Importantly, the CFF emphasizes that regular screening and preventive care remain essential, even for people feeling well on modulators. The future of CF care will likely include even more individualized approaches and continued integration of research into routine clinical care.

At the same time, major challenges remain. Many people with CF still face barriers related to insurance coverage, treatment access, and the ongoing burden of daily therapies. There is also an urgent need for additional therapies for individuals who are not eligible for current modulators.

As the CF care model evolves, our goal remains the same: to partner with patients and families to provide compassionate, evidence-based, and personalized care that supports health, independence, and quality of life for every person with CF.



Structure of a CF Care Center[2]

References

[1]Brown RF, Close CT, Mailes MG, et al. Cystic Fibrosis Foundation Position Paper: Redefining the Care Model. J Cyst Fibros. Epub 2024 September 25.

[2]Goetz DM, Brown RF, Filigno SS, et al. Cystic Fibrosis Foundation Position Paper: Redefining the Cystic Fibrosis Care Team. J Cyst Fibros. Epub 2024 September 25.

Your Brain Is Trying to Protect You: Understanding Medical Anxiety in CF

—Teresa Priestly, MSW

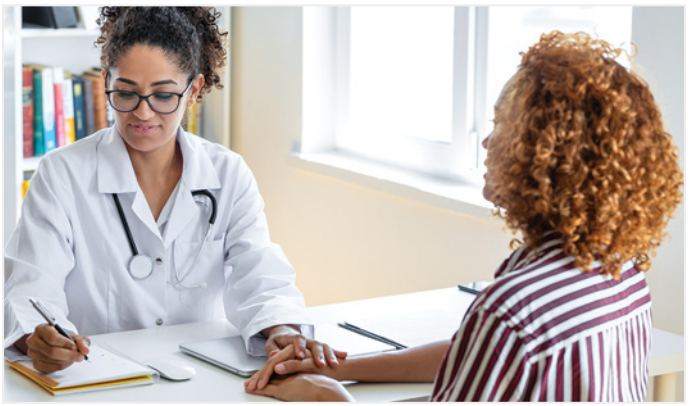
Do you ever treat CF appointments like a dentist visit – something you dread, avoid, or feel relieved to cancel? If so, you're not alone. This may be medical-related anxiety, something many people with cystic fibrosis (and their families) experience – sometimes without even realizing it. The medical world is learning more about what patient distress looks like and the many ways it affects how people manage their health.

What Is Medical Anxiety?

Medical anxiety happens when your brain believes you are in danger and triggers responses in your body designed to protect you. These responses can end up making the experience more difficult, reinforcing your brain's belief that you are in danger. This can happen because of one major event or a series of small events. It is important to know that how healthy or sick you are does not determine whether you have medical anxiety. Things that might trigger your brain to protect you include:

- Procedures (labs, throat cultures)
- Clinic visits
- Being told news about your health
- Life-threatening medical events
- Feeling a lack of control or feeling unsure of what is going to happen

For some people, their distress or anxiety is clear. For others, they may not realize their brain and body are trying to protect them. Also, your culture or beliefs may have a different label for your experience. Therefore, instead of asking "Do I feel anxious?" it can be more helpful to ask, "Do I notice any of the following?"



- I am avoiding or canceling appointments, labs, or treatments.
- I delay calling clinic and/or starting sick plan, even though I know it might mean I get sicker.
- Mood changes in the days or weeks leading up to clinic visits.
- Physical symptoms (headaches, stomachaches, tension).
- Changes in sleep in the days or weeks before labs, testing, or appointments.
- Thinking about my health when I'm trying not to.

These are not signs of failure – they are common stress responses.

Why It Matters

This isn't just about discomfort. Medical anxiety can lead to:

- Avoiding care or delaying treatment.
- Difficult or stressful interactions with providers.

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- Difficulty staying consistent with treatments or medications.
- Feeling disconnected from your health or future.
- Difficulty transitioning to adult care.

Unfortunately, these behaviors are often misunderstood by medical professionals and the people experiencing them. People can be labeled "noncompliant," rather than their behaviors being recognized as their brain's attempts to protect them.

These are not signs that you don't care – they are common stress responses.

Practical Takeaways

If you feel like your brain's attempts to protect you are making things more challenging, here are small changes you can practice that can make a big difference.

Increase control where possible:

- Self-advocacy – let the team know you are struggling and ask for support. If some things are feeling especially difficult, talk with your providers about what to prioritize.
- Taking difficult steps early can give you more choices later (for instance, calling to let the team know you are sick early).

Reduce unnecessary discomfort:

- Let providers know your preferences when getting procedures/tests done.
- Use pain-reduction options when available.
- Speak up about what helps and what doesn't.
- Bring a support person with you.

Reframe behaviors:

- Avoidance often means your nervous system is overwhelmed – not that you don't care.
- Be kind to yourself, and find what works for you and your brain – CBT, mindfulness, acceptance, listening to music, or sucking on a lollipop.

Stay engaged (even imperfectly):

- Focus on what feels manageable.

Use your team:

- Social work, mental health, and child life specialists can help – you can ask for their support or resources.
- Don't be afraid to call on your friends, your family, and the CF community.

Where to Go for Help

- Apps you can try for practicing emotion and body regulation:
  - Calm, Smiling Mind, BellyBio (Apple only), Healthy Minds
- A few websites for reading about ways to get through medical anxiety:
  - Procedural Anxiety (Cystic Fibrosis Foundation) – **https://www.cff.org/managing-cf/procedural-anxiety**
  - Needle Phobia and Overcoming Your Fear (Guy's and St Thomas' NHS Foundation Trust) – **https://www.guysandstthomas.nhs.uk/health-information/needle-phobia-and-overcoming-your-fear**
  - Mindfulness-Based Stress Reduction (Cystic Fibrosis Research Institute) – **https://www.cfri.org/education-support/online-mindfulness-stress-reduction/**
- Some therapies that have evidence of effectiveness:
  - ACT-CF, Trauma-Focused CBT, EMDR, exposure therapy, play therapy.

High-Intensity Interval Training: A Time-Efficient Approach to Exercise in Cystic Fibrosis

—Taylor Lewis, PhD

For individuals living with cystic fibrosis (CF), time is one of the most limited resources. Between airway clearance, medications, inhaled therapies, clinic visits, school or work, and the normal demands of everyday life, adding long exercise sessions can feel overwhelming or unrealistic. Traditional exercise recommendations often suggest 30–60 minutes of activity per day, but for many people with CF, that amount of time is difficult to set aside consistently.

This is one reason why high-intensity interval training (HIIT) can be such a helpful option. HIIT uses short bursts of higher-effort activity followed by periods of recovery. Rather than requiring one long, continuous workout, HIIT allows exercise to be broken into shorter, more manageable sessions while still providing meaningful benefits.

A simple HIIT session might include 20–30 seconds of faster walking, cycling, or stair climbing followed by 60–90 seconds of easy recovery, repeated for 10–15 minutes. That structure makes exercise feel more approachable, especially on days when energy is limited or when symptoms make longer sessions less appealing.

Exercise remains an important part of CF care. Regular physical activity is associated with better aerobic fitness, improved quality of life, stronger daily function, and better long-term health. It can also help people feel more confident and capable in their body. For many individuals with CF, the barrier is not understanding that exercise matters; it is finding a realistic way to fit it into an already full day.

HIIT helps address that challenge by making exercise more time-efficient. A recent study

showed that even very short bursts of higher-effort activity, sometimes just one to two minutes, can meaningfully improve long-term health. So even brief efforts throughout your day can add up (Biswas et al., 2025).

That message is especially encouraging for the CF community. Not all minutes of exercise provide the same benefit. When effort is increased, even for a short period, the body can receive more benefit per minute. This does not mean every workout needs to feel extremely hard. Adding short periods of purposeful effort can make movement more effective.

HIIT may be particularly beneficial in CF because it supports multiple important areas simultaneously. Short bursts of harder work can improve aerobic capacity and exercise tolerance, both of which are closely tied to health and function. The increased breathing that comes with higher-intensity effort may also support ventilation and help move air more effectively through the lungs. HIIT may also support metabolic health, including insulin sensitivity, which is relevant for individuals at risk of CF-related diabetes.

Pediatric CF Center Updates

Meet our New Fellows:

Olga Kuptsevich, MD

Born and raised in Belarus, where stepping outside in winter doubles as a resilience exercise, I moved to the United States to pursue advanced clinical training. During my training, I developed a strong interest in pulmonology, particularly in procedural and interventional aspects of the field. I'm drawn to the combination of hands-on technical skill and meaningful clinical impact, as well as the opportunity to directly improve patient outcomes through minimally invasive techniques.

Outside of medicine, I enjoy hiking, snowboarding, and exploring nearby charming towns and hidden gems with my husband and our dog, Nala. I'm also interested in wellness and biohacking, focusing on simple, evidence-based ways to improve energy, health, and overall well-being without overcomplicating things.

Anthony Milki, MD

I grew up in Palo Alto – just a few minutes' bike ride away from the Stanford campus – and was at Stanford as an undergraduate before returning for fellowship in 2026. In between, I spent seven years on the East Coast in Washington, D.C., and New York for my medical training.

My interests within pulmonology remain wide-ranging – they include severe asthma, BPD, pulmonary hypertension, CF, and addressing healthcare inequities. I also have a long-standing interest in reading and writing, as well as palliative care, and aspire to implement these fields into my career.

Welcome New Staff Member:

Linh Nguyen, MS, RD, Clinical Dietitian

My name is Linh Nguyen. I obtained both my bachelor's and master's degrees in nutrition from Case Western Reserve University in Cleveland, Ohio. After graduation, I worked as a clinical dietitian at the University of Cincinnati Medical Center for a little over a year. I then moved to California and joined Stanford Medicine Children's Health as a relief dietitian, providing coverage across both inpatient and outpatient services.

At Stanford Children's, I have found deep fulfillment in working with children and focusing on the role nutrition plays in helping them grow and thrive.

In my free time, I enjoy playing badminton, picking up new languages, and playing guitar. I am truly looking forward to working with the Cystic Fibrosis team and supporting children throughout their CF journeys and development.

Research Spotlight: Meet Some of Our Youngest Research Participants

—Tina Conti, BSRC, RRT, RRT-NPS, CCRC

Did you know that young children can participate in research studies? Families play an important role in helping researchers learn more about treatments that may improve the lives of children living with chronic illnesses. Meet two of our youngest and bravest research participants who are helping advance cystic fibrosis (CF) research.

Samuel Martinez

Samuel Martinez, or "Sam," is now 3 years old and has been participating in research visits since he was just 1 year old. Sam is known for being silly, energetic, and incredibly tough.

To help make research visits more comfortable and child-friendly, the research team focuses on creating a supportive environment. Snacks, movement breaks, and playtime are all important parts of Sam's visits. Having a small play area located right outside the Clinical and Translational Research Unit (CTRU), where research visits take place, allows children like Sam to take breaks and feel more relaxed during longer appointments. Numbing cream is always applied before blood draws to help reduce discomfort. In fact, Sam is now so comfortable during procedures that he can sit independently for his blood draws.

Sam completing his first MBW breathing test

Sam having fun during sweat chloride testing

Sam's parents, Daisy Rodrigues-Hernandez and Samuel Martinez, shared why participating in research has been such a meaningful experience for their family.

"As parents, we chose to enroll our toddler in the clinical trial for cystic fibrosis because we wanted to give our son the opportunity to potentially improve his CF symptoms and overall quality of life," they explained. "We also hope that by participating, we can help contribute to research that may benefit other children and families affected by cystic fibrosis in the future."

For Sam, research visits have become something positive and familiar. According to his parents, "Sammy's favorite part of the visits is getting to play with Miss Tina and seeing how much he has grown when they measure his height. The visits have become something he looks forward to, which has made the experience even more positive for our family."

When asked what advice they would give to other families considering research participation for their young child, they encouraged parents to learn as much as possible and make the decision that feels right for their family.

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"I would encourage other families to participate if they feel comfortable doing so," they said. "Before starting the clinical trial, the research team provided us with detailed information that helped us feel confident that our son had a strong chance of benefiting from the medication. We are very thankful for the opportunity to participate, and we are grateful that the treatment has helped lessen some of his cystic fibrosis symptoms."

Another Young Research Participant Making a Difference

Josephine Fausto-Gamez

Like the Martinez family, Gabriela Gamez shared similar reasons for choosing to participate in CF research studies with her young child, Josephine. For her, joining a research study represented hope and possibility.

"For us, it meant an opportunity for the possibility that our child's health and medical condition could improve," Gabriela shared. "With our child participating, it helps answer questions and fill in the gaps to improve CF care."

Research visits have also become a fun and engaging experience for their child. Activities and opportunities for play help make appointments feel less stressful and more enjoyable.

"Our child really enjoys the activities provided by Tina," the parent explained. "Our child will come home excited to talk about what she did, whether it was playing with Play-Doh, making bracelets, or the most fun – temporary tattoos."

Josie practicing for her first MBW breathing test

Josie gets an eye exam

The family also highlighted the importance of having a research team that listens and adapts to each child's individual needs.

"Yes, the research team helps make the experience easier," they said. "They listen to my child, especially when they are fearful of one of the tests. They have taken the time to learn their personality and have made adjustments to make the visits positive."

Josephine, or "Josie," is also 3 years old and began participating in research studies when she was just 2 years old. Josie is inquisitive, sassy, and sweet, and throughout her time in research she has worked hard to overcome some of her fears.

Her confidence and bravery continue to grow with each visit, making her a wonderful example of how children can become more comfortable and empowered through supportive research experiences.

Families like these are helping shape the future of cystic fibrosis care. Their participation, trust, and partnership in research are contributing to findings that may improve treatment options and quality of life for children with CF for years to come.

Delicious Grilled Chicken Salad

—Recipe courtesy of thewoodenskillet.com

Fire up the grill! This summer salad is fresh and colorful and comes together in about an hour. Juicy marinated chicken breast sits on top of crisp romaine lettuce, strawberries, blueberries, avocado, and cherry tomatoes, all finished with your favorite dressing. A beautiful warm-weather meal that feels special without being complicated.

Prep time: **15 min.** | Cook time: **20 min.**
Total time: **1 hr.** | Servings: **2**

Ingredients

Chicken marinade

- ½ cup soy sauce (substitute tamari for gluten-free)
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons garlic, minced
- 2 teaspoons Worcestershire sauce
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest
- ⅛ teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- 2 boneless, skinless chicken breasts

Chicken marinade

- 4 cups romaine lettuce, chopped
- 1 avocado, diced
- 2 cups strawberries, sliced
- 1 cup blueberries
- ¼ cup red onion, chopped or sliced
- 1 cup cherry tomatoes, halved (optional)
- Dressing of your choice – creamy balsamic, ranch, or creamy Italian all work well

Instructions

1. **Marinate the chicken.** Whisk together all marinade ingredients in a small bowl. Place chicken breasts in a plastic bag, pour marinade over the top, and coat well. Marinate for a minimum of 30 minutes.
2. **Heat the grill.** Preheat grill to medium heat, approximately 400°F.
3. **Grill the chicken.** Place chicken over direct heat and cook 4–5 minutes per side. Move to indirect heat and cook an additional 5–7 minutes until the internal temperature reaches 160°F at the thickest part.
4. **Rest the chicken.** Remove from grill and let rest at least 5 minutes. The internal temperature will continue to rise to 165°F, which is safe to eat. Once rested, dice and set aside.
5. **Build the salad.** Divide romaine, avocado, strawberries, blueberries, red onion, and cherry tomatoes between two bowls. Add diced chicken on top.
6. **Serve.** Drizzle with your dressing of choice and enjoy.

Tips

- Chicken thighs can be substituted for chicken breasts.
- Add mandarin oranges for extra sweetness.
- Grill extra chicken during another meal to make this even quicker to throw together.

Nutritional Information (per serving)

Calories: 584 kcal | Protein: 36g
Carbohydrates: 44g | Fat: 33g | Fiber: 15g
Vitamin C: 129 mg | Calcium: 115 mg

For people with CF, this salad delivers a strong combination of calories, protein, and nutrients in one bowl. The avocado adds healthy fats and extra calories, while the berries bring antioxidants and natural sweetness.

Current Research Studies at Our CF Center

Our team is actively conducting research across several exciting studies. If you or your child may be eligible, please reach out to the contact listed—we would love to tell you more.

Name	Brief description	Contact(s)
GDC-6988 (Genentech)	A Phase 1c open-label study evaluating an inhaled therapy for patients with muco-obstructive disease. Open to patients 18 and older with a CF diagnosis.	Jackie
NBSA Newborn Screening Accuracy Project	Collecting blood samples from patients with rare CF mutations to improve the accuracy of newborn screening tests.	Tina
REACH-OB-23	A longitudinal observational study collecting research-quality CF outcome data for patients 12 and older whose CFTR variant does not respond to modulators.	Lani
ReCode	A Phase 1/2 clinical trial of an inhaled mRNA gene therapy for patients ages 18–65 whose CFTR variant is not responsive to modulator therapy.	Lani
STOP PEDS	A randomized controlled trial comparing two approaches for treating pulmonary exacerbations in children with CF ages 6–18.	Tina

Adult CF Center Updates

Kristel Anne Fallon, BSN, RN, was honored as one of the 2026 Pulmonary Clinic Nurses of the Year during the May 2026 National Nurses Week, recognizing her dedication to patient-centered care, clinical excellence, and compassionate coordination within the pulmonary clinic.

Congratulations to Our Adult CF PFAC!

Stanford Health Care's Cystic Fibrosis PFAC took second place in the 2026 Black Belt PFAC Metrics Challenge, hosted by Healthcare PX. By recommending dedicated video visits focused solely on advance care planning, the team worked with clinic leaders to increase documented advance care plans from 10% to 38% – making it a standard part of care for our CF patients. We are proud of this achievement and grateful to PFAC liaisons Katie Smith and Kate Yablonsky for their leadership and commitment to putting patients first. https://healthcarepx.org/metrics-challenge

Cystic Fibrosis Center at Stanford

Pediatric providers at Lucile Packard Children's Hospital Stanford

Pediatric Center director: Carlos Milla, MD
Providers: Sumit Bhargava, MD; MyMy Buu, MD; David Cornfield, MD; Lori Lee, MD; Jacquelyn Spano, DNP, RN, CPNP; Cissy Si, MD
Clinic scheduling: (650) 498-2655
Clinic and prescription refill fax: (650) 497-8791
Laura Banuelos, Office Assistant/ Patient Services Coordinator: (650) 498-2655
Nurse Coordinator—Wendy Chin, RN: (650) 736-1359
CF Clinic Nurse—Liz Beken, RN: (650) 736-1359
Respiratory Therapist—Samuil Kovalchuk, RT: (650) 724-0206
Nutritionist, dietitians—
Julie Matel, MS, RD, CDE: (650) 736-2128
Linh Nguyen, MS, RD: (650) 736-6141
Social Worker—Lizzy Nofziger, MSW: (650) 796-5304
Newborn Screening Coordinator—
Jacquelyn Spano, DNP, RN, CPNP: (650) 721-1132
Clinical Pharmacist—
Jake Brockmeyer, PharmD, BCPS: (650) 505-9419
Clinical Psychologist—Diana Naranjo, PhD

For urgent issues:

Monday – Friday, 8 a.m. – 4 p.m.:
Call the CF nurse at (650) 736-1359
After hours and weekends: Call the main hospital and ask for the on-call pulmonary doctor (650) 497-8000

Pediatric providers at Emeryville

Eric Zee, MD; Manisha Newaskar, MD; Rachna Wadia, MD
CF Clinic scheduling: (650) 724-8414
Clinic and prescription refill fax: (510) 457-4236
Nurse Coordinator—Neetu Perumpel, MSN, RN: (650) 724-8414
Respiratory Therapists—Lorraine MacPhee, RT: (510) 587-9631
Carol Journey, RT: (925) 239-2907
Nutritionist, Dietitian—
Mikaela Burns, CRD, MPH: (510) 806-3659
Social Worker—Teresa Priestley, MSW: (925) 357-0733

For urgent issues:

Monday – Friday, 8 a.m. – 4 p.m.
Call the CF nurse at (650) 724-8414
After hours and weekends: Call the main hospital and ask for the on-call pulmonary doctor (844) 724-4140

Adult providers at Stanford

Adult Center Director: Paul Mohabir, MD
Associate Center Director: Alicia Mirza, MD
Pulmonologists (MDs): Laveena Chhatwani, MD; Alicia Mirza, MD; Paul Mohabir, MD
Director of Psychiatric and Psychological Services: Liza Sher, MD
Infectious Disease Consultant: Joanna Nelson, MD
Advanced Practice Providers: Meredith Wiltse, NP
Clinical Pharmacist: Denise Kwong, PharmD
Adult Clinic Scheduler/Patient Care Coordinator:
Patricia Morales (650) 723-0798
Adult CF Center Fax: (650) 723-3106
Nurse Coordinators: Theresa Kinney, RN and Kristel Fallon, BSN, RN (650) 498-6840
Respiratory Therapy: Jenny Kwok, RCP IV; Jennifer Mori, RRT (650) 736-8892
Registered Dietitian: Emily Yelenich, MS, RD (650) 529-5952
Social Worker: Debbie Menet, LCSW (650) 518-9976
Kate Yablonsky, LCSW (650) 444-6512
Routine Issues/Concerns during Business hours

- **CF Nurse Coordinator Line:** (650) 498-6840
- **Voicemail will be answered within 24-48 business hours, or sooner based on clinical priority.**
- **Alternatively, you can utilize MyHealth messaging for NON-URGENT NEEDS ONLY. MyHealth messages are NOT checked after hours or on the weekends.**

Urgent Issues/Concerns DURING Business Hours

Chest Clinic Call Center: (650) 725-7061

- **A message will be generated and sent to the CF Team ASAP**

Urgent Issues/concerns AFTER Business Hours:

- **Chest Clinic Call Center:** (650) 725-7061
- **A message will be generated and sent to the covering CF provider ASAP.**
- **MyHealth messages are NOT checked after hours, weekends, or holidays.**

Adult providers at CPMC

Adult Center Director: Ryan Dougherty, MD
Associate Center Director: Vinayak Jha, MD
Providers: Christopher Brown, MD; Carolyn C. Hruschka, ANP-BC
Adult clinic scheduling: (415) 923-3421
Adult CF Center fax: (415) 243-8666
Nurse Coordinator—
Carolyn C. Hruschka, ANP-BC: (415) 923-3421
Respiratory Therapy—Bryan Ellis, RCP; Arthur Pundt, RCP: (415) 600-3424
Registered Dietitian—Elena Zidaru, RD: (415) 237-3671
Social Worker—Scott Plymale, LSW, PhD: (415) 237-1252
Mental Health Coordinator—
Amy Greenberg, LSW: (415) 923-3854

For urgent issues:

Monday – Friday, 9 a.m. – 5 p.m.
Call nurse coordinator (415) 923-3421
Evenings/weekends: Call and ask for the on-call pulmonary provider (415) 923-3421

Research

Tina Conti, BSRC, RRT-NPS, CCRC: (650) 498-8701
Lani Demchak, MBA: (650) 725-1087
Monica Elazar, DDS: (650) 723-5193
Cathy Hernandez: (650) 724-3474
Jacquelyn Spano, DNP, CPNP-AC/PC, CCR: (650) 721-1132

CF Center at Stanford
770 Welch Rd Ste 350
Palo Alto, CA 94304

Upcoming Events

Come Walk With Us at Santa Cruz Great Strides 2026!

Join our CF Pediatric Clinic team at this year's Santa Cruz Great Strides Walk! We'll have a booth at the event and will be walking alongside our CF Adult Clinic team in support of the cystic fibrosis community. Stop by our table for games, prizes, and snacks, and join us as we take steps toward a cure for cystic fibrosis!

Event Details

Date:	**Sunday, September 20, 2026**
Location:	**Natural Bridges State Beach, 2531 W. Cliff Drive, Santa Cruz, CA**
Check-in:	**9:30 AM**
Begins:	**10:00 AM**
Distance:	**3 miles**

Register or donate at fundraise.cff.org/santacruz2026.

Lani and Wendy representing the Stanford CF team at last year's Cystic Fibrosis Foundation Great Strides Walk. We look forward to seeing everyone again this year!

Newsletter Contact Information
Editor: Lani Demchak, MBA
Visit our website at http://cfcenter.stanford.edu for more information about our center and cystic fibrosis.
To subscribe to this newsletter, please contact Cathy Hernandez at (650) 724-3474 or cathyh1@stanford.edu.
Follow us on Facebook: Cystic Fibrosis Center at Stanford.