

Jane's Journey

My name is Jane and I hit the milestone birthday of being 60 in October 23. I cannot believe I will be so old and would never have thought I would ever be in the position of needing help to lose weight. In the last 8 years since starting Kalydecko and more latterly Kaftrio I managed to put on over 3 $\frac{1}{2}$ stone. I am thrilled my BMI just tells me I'm overweight now rather than morbidly obese which was rather a shock!

It seems churlish to complain when I am lucky enough to still be alive and kicking unlike many of the wonderful CF people, I met over the years who have not been so fortunate.

Staying slim (but with the usual CF tum) seemed the only benefit of CF! When I was growing up it was always low fat and high protein so my go to treat was jelly babies and fruit pastilles up until 25 years ago when I tested positive for CFRD!

I live in North Worcestershire and am married to Julian. I used to work for DWP but due to other health issues I had to retire in 2015. I still manage to work from home on a part time basis.

Before Covid I used to love going on holiday and have been lucky enough to visit some amazing places such as the Caribbean, Australia and Europe. Since Covid I have only ventured abroad once to Jamaica for much needed sunshine and despite choosing the driest month, it tipped it down every single day.

I enjoy exercising although am limited as I have a neck issue so must be very careful. I can fully recommend Heartland's CF exercise classes. I was very dubious as to boxing but find it very therapeutic and it's a great opportunity to speak to other CF Adults.