

The Amazing Story of

HUXI

**A Panda with
Cystic Fibrosis**
A Coloring Adventure



Foundation Care 
An AcariaHealth Solution

Created by Foundation Care to teach young children about cystic fibrosis.

Also available from Foundation Care:

- Huxi Meets Her Super Team: A Panda with Cystic Fibrosis - A Coloring Adventure
- Huxi Goes on Vacation: A Panda with Cystic Fibrosis - A Coloring Adventure
- A Parent's Reference: Caring for an Infant/Child with Cystic Fibrosis
- A Teen's Guide: Managing Your Life with Cystic Fibrosis
- Huxi: A Panda with Cystic Fibrosis Activity Book

Additional Resources

Foundation Care found these websites to be quality resources when creating this pamphlet. We encourage you to visit these sites for additional information.

www.CysticLife.org

www.happyheartfamilies.com

www.BloomingRoseFoundation.org

www.reachingoutfoundation.org

www.cflf.org

www.cfri.org

www.CysticFibrosis.com

www.cff.org

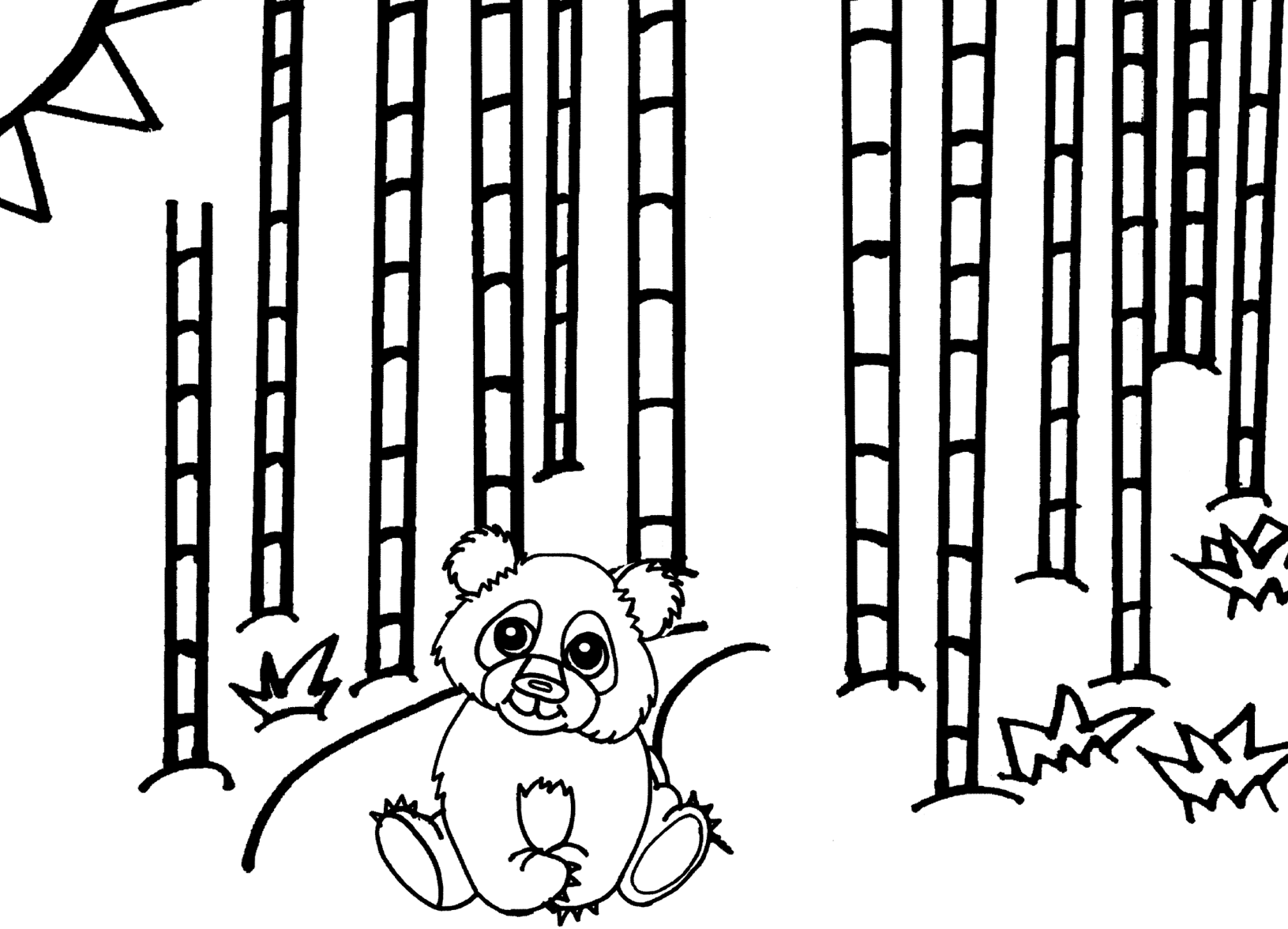
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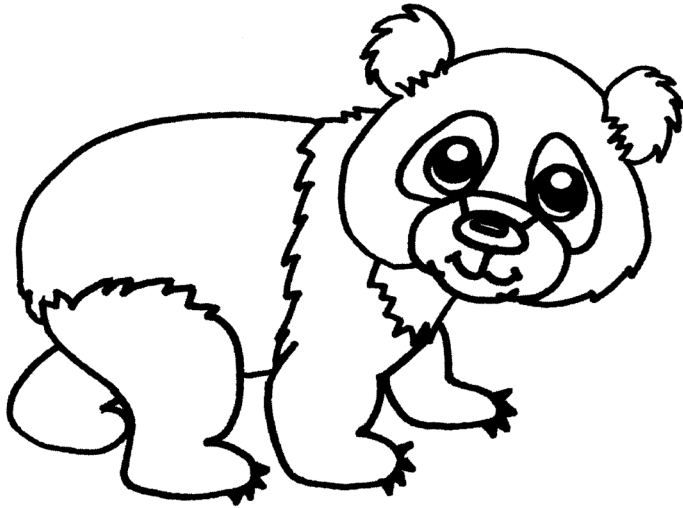


Hello everyone! Meet Huxi! (Sounds like “*hoo-she*”)

Huxi is a young Giant Panda living in the forests of China and her name means “to breathe” in Chinese.

Not only is she one of the coolest animals in the world, but she is even more special: Huxi has cystic fibrosis.

CYSTIC FIBROSIS



How To Say "Cystic Fibrosis":

Sis (like sis -ter)

Tick (like the ick -y bug)

Fi (Fee Fi Fo Fum! The giant's chant in "Jack and the Beanstalk.")

Bro (like bro -ther)

Sis (like sis -ter)

OR "65 Roses"

OR CF (for short)



Cystic fibrosis causes sticky stuff (*called mucus*) to clog important parts of Huxi's body. Huxi's lungs (*the part of the body that helps her breathe*) and her pancreas (*what breaks up her food*) are the parts most affected by CF.



Even though Huxi's insides are different, she looks just like all the other pandas her age. And even though she may cough, her friends can't catch cystic fibrosis. It is different than a cold or the flu.



Huxi did not get CF from germs, she actually got it from her parents. Huxi has CF because both of her parents have something called a “CF gene” - which sounds like the pants you wear, but is actually a part of what makes you unique and what makes you, *YOU* (like hair color or eye color)! And just like the color of your eyes – Huxi will always have cystic fibrosis.

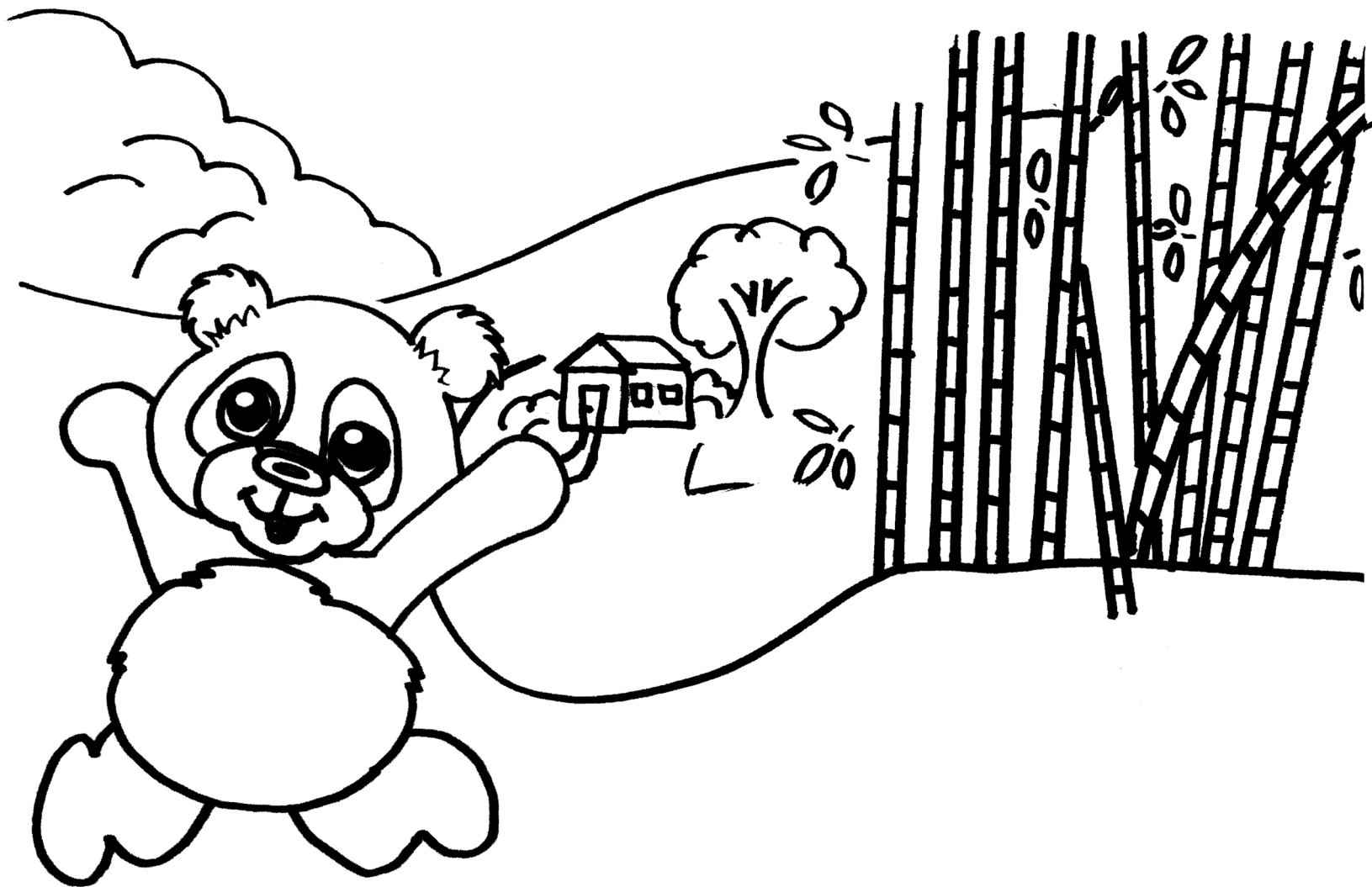


Huxi makes sure she keeps her fur clean all the time. Even though it is not possible to catch cystic fibrosis, Huxi can still get sick from normal germs like any other panda. If Huxi gets sick, it is worse for her than a normal panda. So Huxi makes sure she is always watching out for “*bacteria*” – bugs that you can’t see but can make you very sick if you don’t keep things clean (*like washing your hands or paws*).



Because Huxi's body doesn't work like other pandas, Huxi takes special medicines to make sure she stays healthy. She has a lot of medicines, but she doesn't mind because she knows how much better she feels after she takes them.

Huxi has to make sure to take her medicines at the same time every day – even if she is on vacation. If she misses even one treatment, she could get very sick. If she gets sick, she won't be able to play with her friends!



And don't think that Huxi is not strong enough to run and play! Her doctors **WANT** her to exercise because it helps her lungs. The more she plays, the stronger she is!



Huxi also gets to eat more food than most pandas her age! Lucky! That sticky mucus makes it hard for her body to use her food for energy.

To make sure Huxi can run and play like the rest of her class, she eats *A LOT!* If one of her friends eats one sandwich, Huxi can eat three and still need more!



Huxi also takes vitamins like other pandas. However, she takes more than most her age because the sticky mucus in her lungs and pancreas likes to fight against them.

So to make sure she gets everything she needs, her mom helps her count out all of her vitamins so her body can fight back against the mucus. It's like playing sports; *the more great players you have on your team, the stronger your team is!* And the same goes with vitamins!



Some of her medicines are in pill form (*like a candy*) and she has to swallow them. Sometimes those pills can be too big, so Huxi's mom likes to crush them up and put them in her applesauce.

Other medicines are taken by breathing them in. For those medicines, Huxi uses a "nebulizer" – a fancy word for a small fog or mist machine.



Another way Huxi stays healthy is by wearing her vest! Not only is it a super special vest that very few pandas have, but it helps break up that sticky stuff in her lungs so she can breathe easier.

When she turns it on, it looks a little silly because it shakes her whole body - but it's really helping her! You should ask her to talk when the vest is on - *now that sounds silly, haha!*

So as you can see, **Huxi** is just like the rest of us -
if we were all lucky enough to be pandas!
She just takes a little more time each day to make sure
she is doing her best to stay healthy and happy!



Foundation CareTM

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