

Your GOOD HEALTH

- Real-life stories
- Latest health news
- Expert advice

Bryony's health had been deteriorating for years. Could a new drug help?

One last HOPE

**Bryony Prior, 30,
West Sussex**

Sitting in the doctor's office with my parents, I felt nervous.

I was just six, and ever since I was born, I'd suffered with severe stomach pains, and it got worse whenever I ate.

I'd had a lot of infections, too. 'She could be allergic to dairy,' doctors told my parents.

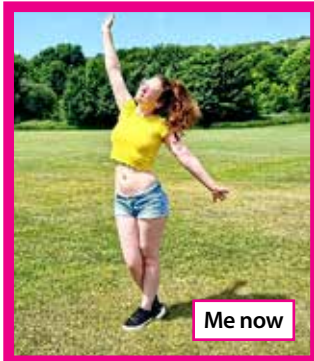
But I was in agony most of the time.

After speaking to some of their medical colleagues, they thought I might have cystic fibrosis.

It was an inherited condition that caused sticky mucus to build up in the lungs and digestive system.

It resulted in lung infections and problems with digesting food.

Their hunch was right. Immediately, I was



Me now

hospitalised for two weeks before I was given medication and inhalers.

Throughout my childhood, my parents helped me manage my condition.

Growing up, I didn't feel much different to other kids.

I'd have to take tablets with my lunch at school, and I'd sometimes be on antibiotics that meant I couldn't go out in the sun.

But I coped.

However, as I got older, my

condition deteriorated.

At one point my lung function dropped to 50%.

I struggled to breathe when walking, and constantly coughed up phlegm.

'This is relentless,' I sighed to Mum.

It even impacted my time studying the French horn at music school.

When I was 22, I was blue-lighted to hospital with multiple infections.

I remained there for two weeks and needed antibiotics via an IV drip.

From then on, my health went up and down.

But a few years later, doctors prescribed a new drug.

'This is Kaftrio and it should help you manage your symptoms,' the doctor told me.

The first day I took it, I had a 'purge', where I spent the night coughing up phlegm.

Next day, my cough had disappeared.

My lung function quickly



In hospital with Maximilian



With my precious boy

TURN OVER FOR MORE HEALTH

improved, and I no longer felt tired or felt that I needed to carry a bottle around with me to spit into.

'It's changed my life!' I told friends and family.

A year later, I fell pregnant with my partner.

I was able to take Kaftrio during my pregnancy – which was relatively smooth.

The life expectancy for someone with cystic fibrosis is around 50, so I never planned to have a child.

But giving birth to Maximilian is the best thing that's ever happened to me.

I'm so thankful for medical advancements.

Now, my future looks bright.

WELLBEING NEWS

Caffeine cut-off

A recent study found that regularly consuming more than 400mg of caffeine each day raises blood pressure and heart rate, forcing the heart to work harder. This quantity is equal to about four cups of coffee, 10 cans of Coke or two energy drinks. So, it's best to keep your caffeine intake below 400mg per day to keep your ticker in tip-top shape.



6%

DID YOU KNOW...

Nearly 6% of Brits headed abroad for dental care in the past year. Most went overseas to cut costs or because they struggled to get an appointment in the UK.