CFRI's Patrick Nash Fellows Training Program

Aging in the New Era of Cystic Fibrosis



3rd Annual Symposium

November 12 - 14, 2026

Dallas, TX

CFRI Cystic Fibrosis Research Institute

RESEARCH · EDUCATION · ADVOCACY · SUPPORT

Welcome

Dear Friends,

It is our honor to welcome you to the Cystic Fibrosis Research Institute's Patrick Nash Fellows Training Program, *Aging in the New Era of Cystic Fibrosis*. Continued progress in cystic fibrosis (CF) therapeutics and care delivery has driven a rapid increase in life expectancy for those living with CF. The next frontier of extending and improving the lives of people with CF is to better understand and address the host of non-pulmonary CF-related comorbidities that present or progress in adulthood. Members of the third cohort of fellows represent 14 institutions from across the United States and diverse subspecialties.



This training program honors James Patrick Nash, or Patrick, who was born in 1967 and diagnosed with CF in 1972, concurrent with his sister Elizabeth. He passed away at the age of 55 after a short battle with pancreatic cancer. Pat saw his life as one of great possibilities, and passionately pursued the things he cared about. He earned his undergraduate degree from Boston College and MBA from the University of North Carolina Chapel Hill; married the love of his life; had a decade-long career in corporate finance at Intel; and at age 36 welcomed beloved twin children. Pat retired in 2005 to spend more time with his family and focus on maintaining his health. He believed strongly in sharing his gifts with others and devoted significant time and energy as a youth basketball coach, school board member, CF clinical trial participant, and trusted confidant and advisor to his many friends. Patrick also believed strongly in the importance of exercise and spent countless hours swimming in the ocean, riding his Peloton, and running stairs to maintain his physical and mental health and feed his competitive spirit.

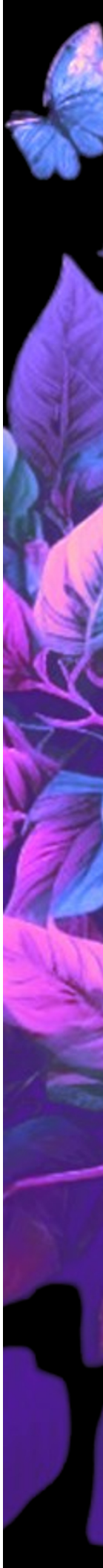
Patrick's involvement in the CF community blossomed with the onset of COVID as he began to connect virtually with other CF-affected adults and recognized the breadth of challenges, outside of core CF disease, that his peers were facing. In 2021 he joined CFRI's CF Adult Advisory Committee and also began work to improve screening protocols for GI cancers in CF patients. This program is an important part of his legacy.

We thank you for your commitment to adult CF care. We look forward to a weekend of learning, engagement, discussion, new friendships, and supportive mentorship. Together, we will advance research, identify emerging needs, and develop improved clinical care strategies to address the concurrent impacts of cystic fibrosis and aging.

In partnership,
Members of the Steering Committee:
Steven Freedman, MD, PhD
Richard Moss, MD
Carolyn Nash
Christine Nash, MBA
Ahmet Uluer, DO, MPH
Siri Vaeth, MSW
James Yankaskas, MD

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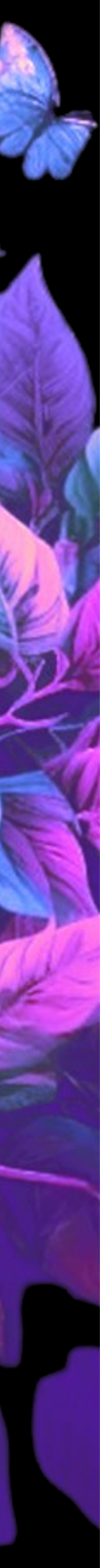
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CFRI's Patrick Nash CF Fellows Training Program "Aging in the New Era of CF," is made possible with support from:

Members of the Nash Family

as well as Vertex Pharmaceuticals and Viatris.



Symposium Schedule

Thursday, November 12

4:30 pm	**Faculty Meeting**
5:00 pm	**Welcome and Introduction to Program** Siri Vaeth, MSW
5:30 pm	**Symposium Mission & Aims** Ahmet Uluer, DO, MPH
6:00 pm	**Dinner - Onsite at Hotel**
7:00 pm	**Keynote Speaker: Aging with CF** *Ashley Ballou-Bonnema, MM*
8:00 pm	**Conversation and Connection in the Rodeo Bar**

Friday, November 13

7:30 am	**Breakfast**
8:15 am	**Introduction to Becoming Part of a CF Center: The CF Care and Research Ecosystem** Whitney Brown, MD *Josh Sams*
9:30 am	**GI and Other Cancers Among Aging Adults** Steve Freedman, MD, PhD *Ashley Ballou-Bonnema, MM*
10:45 am	**Break**
11:00 am	**Modulator Benefits, Complications, and Implications on Aging** Deepika Polineni, MD *Julie Desch, MD*
12:15 pm	**Lunch**
1:15 pm	**Antimicrobial Resistance and New/Pipeline Therapies** Joe Pilewski, MD *Natalie Wasserman*
2:30 pm	**Cardiovascular Disease and CF: Modulator and Non-Modulator Associated HTN and Obesity** Ahmet Uluer, DO, MPH *Laura Mentch, EdM*

Friday, November 13 (continued)

3:45 pm **Break**

4:00 pm **Until It's Done for Everyone: Pursuing Equity in CF Care and Research**
Jennifer L. Taylor, MD, MSCS, ATSF
Everett Rice

5:15 pm **Optimizing One's CFRI Patrick Nash Fellows Experience**
Sarah Haroon, MD (2025 Patrick Nash Cohort Member)

5:45 pm **Break: Group Photo**

6:45 pm **Offsite Dinner – Uno Más**

Saturday, November 14

7:45 am **Breakfast**

8:30 am **Sexual and Reproductive Health over the Lifespan in People with CF**
Raksha Jain, MD
Sandy Sufian, PhD

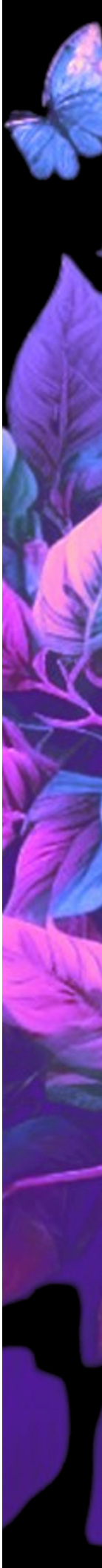
9:45 am **Diabetes in the Aging CF Population**
Melissa Putman, MD, MMSc
Steve Yankopoulos

11:00 am **Break: Hotel Checkout**

11:30 am **The Path Forward**
- Topics for Further Exploration and Potential Research
- Key takeaways
- Mentorship
- Post-Symposium Activities and Dates

Jennifer L. Taylor, MD, MSCS, ATSF
Ahmet Uluer, DO, MPH

12:10 pm **Symposium Ends**



Faculty & Steering Committee



Whitney Brown, MD

Faculty

Dr. Whitney Brown serves as the Vice President of Clinical Affairs at the Cystic Fibrosis Foundation. She earned her undergraduate degree from the University of North Carolina-Chapel Hill and completed her medical education at Emory University. Following her internal medicine residency at New York Presbyterian Hospital/Cornell, Dr. Brown returned to UNC-Chapel Hill for fellowship training in pulmonary and critical care, where she gained expertise in caring for adult patients with CF and lung transplantation.

In 2010, Dr. Brown joined the Inova Advanced Lung Disease & Transplant Program in Falls Church, Virginia and was the founding Director of the Inova Adult CF Program. She joined the CF Foundation in July 2021, supporting the evolving needs of the CF Care Center network and the growing population of individuals living longer, fuller lives with CF. Dr. Brown continues to see patients with CF each week at Inova, a commitment that continually energizes and informs her work at the CF Foundation.



Steven Freedman, MD, PhD

Faculty & Steering Committee

Steven Freedman, MD, PhD, is Director of the Pancreas Center at Beth Israel Deaconess Medical Center, Chief of the Division of Translational Research, and Professor of Medicine at Harvard Medical School. He has played a leadership role in clinical/translational research at Harvard through his prior role as the Associate Dean for Clinical and Translational Research and Co-Director of the Harvard CTSA (Harvard Catalyst). He is Director of the Grant Review and Support Program, a unique longitudinal program that provides project management support and grant writing tools to enhance the transition from an NIH K to R01 grant for junior faculty across Harvard. Dr. Freedman's expertise is in exocrine pancreatic disease with a focus on pancreatitis, pancreatic cancer, pancreatic enzyme development and cystic fibrosis as well as diseases of premature infants with a translational research focus on fatty acid metabolism. He helped establish the CF Foundation-funded DIGEST program to train pediatric and adult gastroenterologists in the GI aspects of CF and plays a leadership role for the CF Foundation to design, develop and carry out GI related CF research.



Raksha Jain, MD, MSCI, ATSF

Faculty

Raksha Jain, MD, MSCI, ATSF, is Professor of Pulmonary and Critical Care Medicine and holder of the Willis Maddrey Distinguished Professorship in Clinical Science at the University of Texas Southwestern Medical Center. She completed her fellowship and a Master of Science in Clinical Investigation at Washington University before joining the UT Southwestern faculty in 2010. She serves as Medical Director of the Cystic Fibrosis, Primary Ciliary Dyskinesia, and NTM and Bronchiectasis programs. Dr. Jain's research centers on women's health research in CF and bronchiectasis with a translational focus on sex-based disparities and the role of estrogen — work that has extended to pregnancy, where she co-leads MAYFLOWERS, a 40-site prospective study of pregnancy in cystic fibrosis. Her research has been funded by the NIH, the Cystic

Fibrosis Foundation, and industry, and she has authored more than 100 peer-reviewed publications in these fields. She holds numerous national leadership roles, including Associate Editor of the *Journal of Cystic Fibrosis*, the clinical research executive committee for the CF Foundation's Therapeutics Development Network, multi-center clinical trial leadership for NORD, co-lead of UT Southwestern's Women's Health Research Initiative, and the Diversity and Inclusion Committee of the American Thoracic Society, where she is also a Fellow. In 2026, she received the American Thoracic Society's John W. Walsh Distinguished Achievement Award.



Richard Moss, MD

Faculty & Steering Committee

Richard B. Moss, MD, Professor Emeritus of Pediatrics at Stanford University, is former chief of the pediatric pulmonary and allergy divisions, and former allergy-immunology and pulmonary fellowship training programs director at Lucile Packard Children's Hospital Stanford. He was educated and trained at Columbia (BA), SUNY Downstate (MD), Children's Memorial Hospital of Northwestern University (pediatric residency) and Stanford (allergy-immunology and pulmonology fellowships). He was Director of the Stanford Cystic Fibrosis Center from 1991 to 2009 and a principal investigator for the Cystic Fibrosis Foundation's Therapeutics Development Network, where he also served as inaugural Chair of the Protocol Review Committee. He is a member of Stanford's Child Health Research Institute and has served on Stanford's Pediatric Mentoring Program for trainees and junior faculty, the Executive Committee of Spectrum Child Health (Stanford's NIH-funded clinical research program) and the Stanford IRB.

Dr. Moss has reviewed and consulted for the NIH, CFF, national and international foundations, and many peer-review bioscience journals and biopharmaceutical companies. He has published over 250 research papers and is a frequent speaker at national and international medical conferences. His research interests have included pathogenesis, outcome measures, and treatment of chronic airway diseases of childhood such as asthma, CF and chronic lung disease of infancy, with an emphasis on mechanisms of pulmonary immunity, inflammation and allergy. Recent work has focused on allergic fungal lung disease and clinical testing of novel CF tests and treatments. He joined CFRI's Board of Directors in 2015.



Carolyn Nash

Steering Committee

Carolyn Nash is a strategic advisor to technology companies and nonprofit organizations, helping them with strategy, operations, and growth. She previously served as Chief Operating Officer and Senior Vice President of Red Hat, Inc., where she was also Chief Financial Officer. She serves on three nonprofit boards and earned a B.A. from Lehigh University.

Carolyn joined the CF community more than 30 years ago when she met and later married Patrick Nash. In 2003, she co-founded the Elizabeth Nash Foundation in honor of her late sister-in-law. After Pat's death in 2022, it became the Elizabeth & Patrick Nash Foundation, which Carolyn now leads as Executive Director. The foundation's mission is to extend and enrich the lives of

Faculty & Steering Committee

people with CF. Carolyn also serves on the steering committee of the Patrick Nash Fellows Program, which grew out of Pat's advocacy for better care of adults with CF.



Christine Nash, MBA

Steering Committee

Christine is a strategic advisor and Board member in the biopharma industry focusing on helping companies bring new medications to market for the treatment of rare diseases. Her most recent full-time role was Chief Commercial Officer for Hyperion Therapeutics, a company focused on the treatment of urea cycle disorders. She earned a BA in Public Policy and an MBA, both from Stanford University.

Christine has worked in partnership with CFRI since 2003 when she, her parents, her sister-in-law Carolyn, and her late brother Patrick co-founded the Elizabeth Nash Foundation in honor of her CF-affected sister Liz who died at age 32. The foundation, now renamed as the Elizabeth and Patrick Nash Foundation, works to extend and enrich the lives of people with CF with a particular focus on education and CF research. In July 2025, Christine was the recipient of CFRI's Volunteer of the Year Award, due to her outstanding contributions to CFRI and service to those living with cystic fibrosis.



Joseph Pilewski, MD

Faculty

Dr. Joseph M. Pilewski is Professor of Medicine, and Associate Professor of Pediatrics, and Clinical and Translational Science at the University of Pittsburgh. He is Associate Chief for Clinical Affairs in the Pulmonary, Allergy, Critical Care, and Sleep Medicine Division at the University of Pittsburgh Medical Center (UPMC) and was Medical Director of the Lung Transplant Program from 2004 to 2015 and 2021-2022. He is co-director of the Cystic Fibrosis Program. He is a CF and lung transplant physician and has contributed to basic and clinical investigations related to CF and lung transplantation. His basic science studies focused on human airway epithelial ion transport. His clinical investigations have focused on new therapies for CF, as he has been director of a CF Translational Studies Core and the principal or associate investigator on over 20 investigator-initiated and multi-center clinical trials in CF. He is an active contributor to the CF Therapeutics Development Network and currently serves as Chair of the Clinical Research Executive Committee. As co-Executive Director of the CF Lung Transplant Initiative, he is contributing to research efforts to improve the care of individuals with CF before and after lung transplantation.



Deepika Polineni, MD, MPH

Faculty

Deepika Polineni completed her residency in Internal Medicine at University of Michigan Ann Arbor and fellowship in Pulmonary Medicine at University of North Carolina at Chapel Hill with an emphasis on cystic fibrosis (CF) care and translational research. She joined Washington University in St. Louis in 2022, where she serves as a Cystic Fibrosis Center Director and Professor of Pediatrics and of Medicine. Dr. Polineni has served as a lead principal investigator in international clinical trials of CFTR modulators. She is PI for a national study to

support therapeutic development and innovative clinical trial strategies in the ultra-rare CF disease population that is genetically ineligible for CFTR modulator therapies. She serves on the Medical Advisory Committee for the Cystic Fibrosis Foundation and Cystic Fibrosis Research Institute, and the Research Advisory Committee for the Cystic Fibrosis Research Institute. She also co-chairs the Preclinical/Clinical working group of the Cystic Fibrosis Foundation Genetic Therapies Working Group.

Her research program has focused on using human airway transcriptomics and metabolomics to elucidate novel gene targets, and human airway cell culture models to investigate mechanisms of influence for non-CFTR gene modifier candidates. These multi-omics translational studies are conducted with the goal of advancing personalized therapies in CF. Her laboratory has recently completed genomic data analyses to support development of gene editing therapies in CF creating predictive models of safe harbor regions, and improving characterization of CFTR variants using increasingly diverse global genomic datasets. Collectively, these efforts are aimed at supporting treatment for people with CF and advancing new therapies with a goal of serving a global CF community.



Melissa S. Putman, MD, MMSc

Faculty

Dr. Putman is an adult and pediatric endocrinologist at Massachusetts General Hospital (MGH), an Associate Professor of Medicine at Harvard Medical School, and the Director of the MGH Diabetes Research Center. She cares for adults with cystic fibrosis alongside their pulmonologists and other providers in the MGH Adult CF Program. With funding from the NIH and Cystic Fibrosis Foundation, she performs clinical research focused on the endocrine complications of cystic fibrosis including CF-related diabetes and bone disease. She also serves as a mentor in the CF Foundation EnVision CF Program and Clinical Research Scholars Program.



Jennifer L. Taylor, MD, MSCS, ATSF

Faculty

Dr. Taylor is a tenured professor of adult and pediatric pulmonary medicine at National Jewish Health (NJH), where she serves as the Medical Director of Clinical Research Services, Immediate Past President of the Medical Staff, and is co-director of the Adult Cystic Fibrosis (CF) Program and Director of the CF Therapeutics Development Network (TDN) center. She received her undergraduate degree in human biology from Stanford University, and completed her doctorate in medicine, combined residency in internal medicine and pediatrics, and her combined fellowship in adult and pediatric pulmonary medicine at Duke University. She obtained her Master of Clinical Science from the University of Colorado.

Dr. Taylor's expertise is clinical trial design and conduct; she has been national/global primary investigator on multiple CF TDN pharmaceutical trials. Her investigator-initiated research focuses on the development and evaluation of novel therapies for the treatment of CF, and the long-term impacts of these therapeutics on health outcomes in people with CF; she is currently co-leading the 40-site prospective Maternal and Fetal Outcomes in the Era of Modulators (MAYFLOWERS) study. Beyond her human research, she also is evaluating the etiology and treatment of respiratory disease in

orangutans (which have 97% genetic homology with humans). She has published more than 170 manuscripts as well as a book and multiple book chapters. Additionally, she serves on a number of national scientific advisory committees for Emily's Entourage, the Cystic Fibrosis Foundation, and the National Institutes of Health. She is an Associate Editor for the Journal of Cystic Fibrosis and a member of the International Advisory Board for the Lancet Respiratory Medicine. Finally, she is currently serving as the Chair of the American Thoracic Society International Conference Committee (2025-2027).

Dr. Taylor is a staunch advocate for racial justice both in academic medicine and for people with CF. She was one of the founding members of the NJH Diversity, Equity and Inclusion (DEI) council (2015) and served for two years as the NJH interim Associate Vice President of DEI. Beyond NJH, she served as a member of the CFF's Racial Justice Working Group, Co-Chair of the CFF Health Equity Team Science Award study section, a member of the ATS Workshop on Research Priorities in Pediatric Asthma: Addressing Systemic Racism, and currently serves as an external advisory member for the NIH P30 Georgia CF Core Center focus on Achieving Health Equity in CF Care and Research. She has also partnered with several CF patient organizations to increase awareness of the occurrence of CF in people of color.

Dr. Taylor is an elected member of the American Society for Clinical Investigation (ASCI, 2020). Her recent honors include acceptance as a fellow in the 2026-2027 *Hedwig van Ameringen* Executive Leadership in Academic Medicine® (ELAM) Program, induction into the Clinical Excellence Society of the Department of Medicine at the University of Colorado (2026), the American Thoracic Society's Presidential Commendation (2024) Distinguished Achievement Award (2023), and William J. Martin II Public Advisory Round Table Distinguished Achievement Award (2022), the Emily's Entourage CF Trailblazer Award (2022) and the Cystic Fibrosis Research Incorporated CF Champion Award (2021).



Ahmet Uluer, DO, MPH

Faculty & Steering Committee

Ahmet Uluer, DO, MPH, is the Director of the Adult Cystic Fibrosis Program and co-Center Director at the combined Boston Children's Hospital and Brigham & Women's Hospital Cystic Fibrosis Center. He is also Director of the Bridges Adult Transition Program at Boston Children's Hospital, providing age-appropriate care and transitional care support to adult survivors of congenital or pediatric acquired chronic illness. His MPH degree from Harvard TH Chan School of Public Health expanded his interests and he became a member of the CF Foundation (CFF) Global Health Advisory Board and received grant support from the CFF to participate in the International Mentoring Training Initiative (IMTI), specifically to establish CF centers in low-middle income countries. His clinical and research interests are focused on preventing and managing complications of people aging with CF. He is a Board Member of CFRI and among the founding faculty of the CFRI sponsored Patrick Nash Fellows Program, mentoring the next generation of providers to care for the aging CF population. He is also the co-host of the 'It's a Lung Story' podcast, where they explore the realities of aging with CF in the era of modulators and medical advancements.



Siri Vaeth, MSW

Steering Committee

Siri Vaeth is the Executive Director of the Cystic Fibrosis Research Institute (CFRI). Her involvement with CFRI began in 1995, after her daughter's diagnosis with cystic fibrosis. She served for 10 years on CFRI's Board of Directors before joining the staff in 2013. Siri has a BA in Politics (UC Santa Cruz) and a Master's in Social Welfare (UC Berkeley). Prior to CFRI, Siri was a Head Start social worker, Big Brothers Big Sisters executive director, and Family Advisory Council Lead at the pediatric CF Center at Stanford in the Department of Family Centered Care. She is currently Chair of the American Thoracic Society's Public Advisory Roundtable, serves on the Council of ATS, and is a member of the ATS Student Scholars Working Group. Siri is also an active member of multiple state and national coalitions to advance legislation and policies to improve the lives of those with cystic fibrosis and rare disease.



James R. Yankaskas, MD

Faculty & Steering Committee

Jim Yankaskas earned his private pilot's license at age 17, received a B.S. in Aeronautics and Astronautics from M.I.T. in 1969, and worked as an Analytic Design Engineer at Sikorsky Aircraft for five years. He then received his M.D. from the University of Connecticut, completed his Internal Medicine residency at UNC and fellowships in pulmonary medicine at Duke University and at UNC-Chapel Hill. He was the inaugural Michael E. Hatcher Distinguished Professor of Medicine at UNC.

Dr. Yankaskas developed the first human CF airway epithelial cell cultures in 1985 and used those to advance research on the mechanisms and treatment of CF lung disease. He helped develop care systems for adults with CF and served on the CF Foundation's Center Committee for 18 years. He led Quality Improvement projects to improve CF care and outcomes across the USA and continues to foster QI for all aspects of CF. He led the UNC Hospitals Medical ICU, pulmonary clinics, and the Lung Transplant program.

CF Adult Speakers



Ashley Ballou-Bonnema, MM - Keynote Speaker

Ashley Ballou-Bonnema, a professional vocalist from Minnesota, received her B.A. from Augustana University and her Master's degree in Music Performance from the University of South Dakota. The acting executive director and founder of the 501(c)3 organization, Breathe Bravely, Ashley utilizes her unique experience and expertise as a vocalist to inspire an impact that uses the art of singing to combat the effects of cystic fibrosis. Breathe Bravely's flagship programs, sINgSPIRE and the sINgSPIRE Virtual Choir, utilize the therapeutic and life-giving principles of singing to encourage increased respiratory strength, breath awareness, and breath management skills, all in hopes that those individuals living with progressive lung disease may achieve maximum breath potential. Most of all, the global sINgSPIRE programs are a catalyst for meaningful and empowering connection - dedicated to creating a community in which every voice can find belonging.



Julie Desch, MD

Julie Desch, MD, serves as the President of the Board of Directors of CFRI and is a member of CFRI's Research Advisory Committee. At 65 years of age, Julie wakes up every morning amazed and grateful to be alive and healthy, breathing with her native lungs despite two copies of F508del. Her interest in CF research led her to Stanford Medical School, where she worked with Dr. Jeffrey Wine in the Cystic Fibrosis Research Laboratory as she pursued her medical degree. She then completed a residency and two fellowships in Anatomic Pathology at Stanford. After training, she worked at Kaiser Hospital in San Francisco, California as a surgical and skin pathologist. After retiring to take better care of herself and to be a full-time mom, she became a certified personal trainer and wellness coach for children and adults with CF before pursuing teacher training in Mindfulness-Based Stress Reduction, followed by a two-year Mindfulness Teacher Training Certification program, and then coach training in Unified Mindfulness. She has taught meditation online for the last ten years. She currently offers four workshops per year for the CF community, focusing on different aspects of mindfulness and how it can help cope with the challenges of CF.



Laura Mentch, EdM

Laura Mentch, EdM, was diagnosed with cystic fibrosis at the age of fifty, after years of living with diagnoses of asthma and allergies, taking allergy shots for decades. She is the youngest of five and the only one with CF. Grateful for her diagnosis, she brings her experience and skills from a career in health education to the CF community. Currently she co-facilitates the CFRI support group for adults with a late CF diagnosis with Dr. Jeanie Hanley, coordinates a retreat for mothers of children and adults with CF for the Cody Dieruf Foundation, and is the historian for the United States Adult Cystic Fibrosis Foundation. Originally from upstate New York, she currently lives in Bozeman, MT. She and her partner are parents of three adults and grandparents to two teenagers.



Everett Rice

Everett Rice is a 56-year-old government affairs and communications leader based in Roseville, California. Diagnosed with cystic fibrosis at age 9, he has lived a full life thanks to ongoing advances in CF care and treatment. He recently celebrated his 25th wedding anniversary with his wife, Nicole, his best friend and the love of his life.

Everett has more than 30 years of experience in California government, helping shape policy, guide communications, and build partnerships. He began his career as a legislative aide in the California State Assembly before moving into senior roles, primarily in the State Senate. His roles included Legislative Director, Community Development Specialist, Policy Analyst, and Communications Director. From 2015 to 2021, Everett served as a Communications and Community Engagement Specialist. He then served as Principal Consultant for the Senate Office of Communication until his retirement in 2024. In that role, he developed communication plans and advocacy campaigns that increased engagement and advanced legislative victories.

Everett's commitment to service extends beyond government. He previously served on the Board of the California Infrastructure and Economic Development Bank and co-organized fundraising for the Community Renewal Project. He currently serves on the Board of the National Organization of African Americans with Cystic Fibrosis. Everett brings deep legislative knowledge, clear communication, and a lasting commitment to strengthening communities to his work.



Joshua Sams

Joshua is a 50 year old living with homozygous f508Del. He is a small business owner, physical security professional consultant and systems designer of 30 years, and former master electrician. And honestly, a bit of a workaholic.

Joshua is a self professed nerd, enjoying writing, art, comic books, movies, and has an unhealthy relationship with listening to music.

Josh is also a professional competitive chili cook, and has participated in the World Championships placing in the top 25% of competitors in his category.

In his spare time, Joshua transports rescue dogs with multiple volunteer groups, spending time with his kids and 3 dogs (though not necessarily in that order), and struggling to overcome writer's block on a regular basis.



Sandy Sufian, PhD

Sandy Sufian is a Full Professor in the University of Illinois Chicago's Department of Medical Education, the Department of Disability and Human Development, and the Department of History. Sandy got her Ph.D. from New York University and her M.P.H. from Oregon Health Sciences University. Dr. Sufian co-founded the Cystic Fibrosis Reproductive and Sexual Health Collaborative (CFReSHC), a partnership with the cystic fibrosis female community to identify research priorities and questions related to reproductive and sexual health and cystic fibrosis.

CF Adult Speakers

She was PI on a project to create a sexual and reproductive health guide by patients for providers and patients (cfreshc.org/srh-guide). She was a Co-PI on a study examining CF symptoms across the menstrual cycle. She was the PI for a PCORI Engagement Award, which used the CFReSHC framework to develop patient-driven research questions within the breast cancer community. She has presented posters and talks at the North American Cystic Fibrosis Conference and the European CF Society on menopause in CF and menstruation in CF. On these topics, she has published in *Endocrine Practice, Qualitative Health Research, Social Science & Medicine, Maturitas*, and The *Lancet - Obstetrics & Gynecology and Women's Health*. She was a fellow of the North American Primary Care Research Group, the Menopause Society, and the Patrick Nash Fellowship on Aging at the Cystic Fibrosis Research Institute. She currently serves on the Hormone White Paper Committee of the CF Foundation (US) and is a member-at-large of the SHARING working group. In addition to her work in CF, Sufian has published three books, numerous articles, and several op-eds on disability issues. She teaches medical and PhD students about the intersection of health, disability, and disease in society.



Natalie Wasserman

Natalie is a 37-year-old native of St. Louis, who has lived in Pittsburgh for the past 5 years following a double lung transplant in 2021. She was diagnosed with cystic fibrosis at 1 day old, with the rare nonsense mutation W1282X, and had a remarkably healthy childhood and adolescence. Natalie attended Washington University in St. Louis where she received a Bachelor's degree in History, and Master's degree in Education/Teaching, and went on to teach 9th grade History at Whitfield School in St. Louis, MO. After the progression of her CF in 2017-2021, Natalie moved to Pittsburgh where she received her lung transplant at UPMC under the guidance and care of her hero, Dr. Joseph Pilewski, and the UPMC team. Now engaged to her fiancé Clint, and dog mom to her fur baby Jaxson, Natalie enjoys her new lungs and health, doing the things she loves: taking walks and hikes, cooking, home DIY projects, shopping, playing in fantasy sports leagues, and going to various sporting events.



Steven Yankopoulos

Steve was diagnosed with cystic fibrosis at 36 hours old at Boston Children's Hospital. He was diagnosed with *B. dolosa* in 2004, and one of about 10-15 (0.5% of the CF community) who cultured this bacteria. He's no stranger in public spaces. Having had over 3,500 doctor appointments since 2001, and 800 nights in the hospital, he has lectured at over 10 colleges, – including Harvard, MIT, Boston College, and Boston University – to nursing, medical, and psychology students, about everything medical field related, including sharing stories and personal experiences of what it's like to have a chronic illness, and what it takes to become great as a doctor/nurse. More recently, he's spoken with the Mass General Hospital diabetes research team and Research Con 2025. He has run three Boston Marathons to support the CF Foundation. His biggest accomplishment is helping to establish the National Basketball League of Canada, owning a professional team, and utilizing his platform and fame in Canada to raise awareness for CF. He is currently working on hosting a podcast called Chronically Unheard and is using his business background to help build a new era of medicine, examining it from all aspects. His first episode is already out, and he hopes to gather stories to help educate and inspire others to know they are not alone in their adventure.

Fellows



Zain Ali, MD

Zain Ali started building bridges between patients and care as a medical student, when he helped create a telemedicine protocol so that West Texas patients could be seen from home instead of driving hours to post-op follow-ups. Now a Pulmonary and Critical Care fellow at UT Health San Antonio, he trained first in geriatrics, and he sees that unique path as exactly what is needed as people with cystic fibrosis live longer than anyone once imagined. Drawn to the intersection of aging, technology, and teaching the next generation of clinicians, he is a self-proclaimed coffee connoisseur who recharges by traveling, hiking, biking, and taking photographs.

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Bharat Balan, MD, MS

Bharat Balan is a second-year Adult Pulmonary and Critical Care Medicine fellow at Northwestern University. Prior to fellowship, he completed medical school at Virginia Commonwealth University School of Medicine, followed by Internal Medicine residency at the University of Pennsylvania. His research interests are at the intersection of chronic lung disease and lung transplantation, particularly post-transplant outcomes in patients with cystic fibrosis. Outside of work, Bharat enjoys playing a great game of chess, planning his next motorcycle adventure, exploring the Chicago restaurant scene, and spending time with his wife and amazing co-fellows.

bharat.balan@nm.org



Erica Catherine Becker, MD, MPH

Originally from Edmond, Oklahoma, Erica attended medical school at University of Oklahoma and completed her Master in Public Health before pursuing internal medicine residency at University of Connecticut. Prior to starting her gastroenterology fellowship at Saint Louis University, she completed a clinical nutrition fellowship at Cleveland Clinic. During that time Erica specialized in enteral/parenteral nutrition and intestinal failure ranging from diet and medications to bowel-lengthening procedures and multi-visceral organ transplant. During her fellowship Erica maintained high interest in nutrition and during her research came across cystic fibrosis (CF) and the nutrition-related challenges that adults with CF encounter. Currently she is participating in a project identifying gastric tube complications in individuals with CF. Outside of work she enjoys spending time with her fiancé (Spyros) and pets (Hoss-dog; Neumann and Baxter-cats).

ericabckr1@gmail.com

Fellows



Christopher Calkins, MD

Dr. Chris Calkins grew up in New England before making his first journey west for medical school at Stanford. After three years back in Boston for internal medicine residency at Brigham and Women's Hospital, Chris returned to Stanford for his fellowship training in pulmonary and critical care medicine. In his final year of training, Chris is focusing on the care of people with CF and non-CF bronchiectasis. Outside of clinical work, Chris enjoys running, hiking, and surfing. Chris lives in Pacifica, CA with his wife, Madeline, and their cat, Piper.

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Jennifer Douglas, MD

Jennifer Douglas, MD is an Assistant Professor in the Department of Otorhinolaryngology - Head & Neck Surgery at the University of Pennsylvania where she is a member of the Division of Rhinology and Skull Base Surgery and serves as Associate Director of the fellowship program. Dr. Douglas is also an Affiliated Scientist at the Monell Chemical Senses Center. She received her Bachelor of Arts with highest distinction from the University of Virginia and earned her medical doctorate from the University of Pennsylvania, where she also completed her otolaryngology residency and rhinology and skull base surgery fellowship. She has a specific clinical interest in complex sinonasal and skull base disease, as well as chemosensory disorders. She is interested in how smell disorders impact people with cystic fibrosis, and extending this important research to improve their quality of life.

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Aekta Gupta, MD

Dr. Aekta Gupta is an Assistant Professor in the Division of Endocrinology, Diabetes, and Metabolism at University Hospitals Cleveland Medical Center and Case Western Reserve University. She completed her residency training in Obstetrics and Gynecology in India before pursuing further medical training in the United States. She is board-certified in Internal Medicine and completed her Endocrinology Fellowship at University Hospitals Cleveland Medical Center in 2026. Dr. Gupta's clinical and research interests focus on cystic fibrosis-related diabetes (CFRD), endocrine complications of cystic fibrosis, diabetes technology, and rare endocrine disorders. As an early-career investigator and recipient of the Cystic Fibrosis Foundation's EnVision CF: Emerging Leaders in CF Endocrinology award, she is dedicated to advancing multidisciplinary care and research for individuals with cystic fibrosis. Through the Patrick Nash Fellows Training Program, she hopes to expand her expertise in comprehensive CF care, strengthen collaborative research efforts, and contribute to improving outcomes for people living with CF.

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Connor Hannon, MD

Dr. Connor Hannon is a current Pulmonary & Critical Care Medicine fellow at Kaiser Permanente Oakland Medical Center in Oakland, California. He is originally from Bloomington, Indiana, and completed medical school at Indiana University School of Medicine, followed by a combined Internal Medicine & Pediatrics residency at Indiana University. As a Med/Peds-trained physician, Connor has a particular interest in transitions of care and has cared for both pediatric and adult patients with cystic fibrosis throughout his training. Following fellowship, he plans to pursue a career caring for adult CF patients, bringing a unique lens shaped by experience across the lifespan. Outside of clinical work, Connor enjoys hiking, recreational sports, and pub trivia.

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Brandon "Joey" Hebert, MD

Brandon "Joey" Hebert, MD, Pulmonary and Critical Care Fellow at the University of Pittsburgh Medical Center (UPMC), is originally from Columbus, Ohio and completed his dual undergraduate degrees in Biology and Chemistry at Butler University in Indianapolis, Indiana. He went on to receive his Doctor of Medicine from the Indiana University School of Medicine – Rural Medical Education Program. Dr. Hebert completed his Internal Medicine Residency at the University of Louisville in Louisville, Kentucky and then served as the Chief Medical Resident for Medical Education. Dr. Hebert's academic interests include cystic fibrosis, non-cystic fibrosis bronchiectasis, and lung transplantation.

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Gabriel Hernandez Romero, MD

Gabriel Hernandez Romero is a third-year Pulmonary & Critical Care Medicine fellow at Northwell Health in New York. He is originally from Costa Rica, and moved to New York where he completed his Internal Medicine Residency. Since then, he has been interested in Bronchiectasis and non-tuberculous Mycobacterial lung disease. Shortly after starting his fellowship and taking care of adult people with CF he developed a deep connection to his patients and the field. His research interests include airway microbiology changes associated with HEMT as well racial disparities in CF. Outside of work, he enjoys reading, live music, and sports that involve nature and the ocean such as swimming, surfing and free diving.

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Fellows



Erica Loon, DO

Erica Loon, DO, is a first-year Gastroenterology fellow at the University of Minnesota. She is from Minneapolis, Minnesota. She earned her medical degree from Des Moines University College of Osteopathic Medicine and completed her Internal Medicine residency at the University of Minnesota. Her clinical and research interests include cystic fibrosis–related gastrointestinal and hepatobiliary disease, with work examining CFTR modulators and portal hypertension. As both a physician and the mother of a child with cystic fibrosis, she brings a personal commitment to advancing multidisciplinary care and long term patient outcomes.

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Cassandra Riedy, PhD, LMFT

Cassandra currently serves as the mental health therapist for Inova Fairfax's cystic fibrosis clinic and thoracic transplant program. The first mental health therapist embedded in the clinic, she provides individual, couples, and group psychotherapy to adults with CF as well as creates unique therapeutic opportunities such as a virtual Dungeons and Dragons campaign. Her research interests lie at the intersection of mental health, the relational nature of care, and underlining the physiological impact of psychosocial dynamics. Cassandra previously served as assistant professor at Belmont University where her role included mentoring doctoral students in research. Her former clinical roles provided her experience in perinatal care and residential treatment. She earned her PhD in Mental Health Counseling from George Washington University, her MA in Mental Health Counseling from Belmont University, and her MA in Biomedical Ethics from the University of Virginia. When not supporting patients or researching, Cassandra is sharing time with her three children - Finn, Kitt, and Ella around the D.C. metropolitan area. Current favorites include the National Gallery of Art and the Maryland Science Center.

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Jordan Saag, MD



Dr. Jordan Saag is a current 3rd year internal medicine resident at the University of Alabama at Birmingham and is actively pursuing a fellowship in pulmonary and critical care. He earned his medical degree from the University of Central Florida in 2024. Dr. Saag has a strong clinical and academic interest in cystic fibrosis and non-CF bronchiectasis. He has authored peer-reviewed publications examining novel CFTR modulator therapies, telehealth exercise interventions for individuals with cystic fibrosis, and clinical outcomes relevant to cystic fibrosis care in an increasingly long-lived patient population. He is fascinated by the multi-organ impact of cystic fibrosis and is actively investigating the role modulators play in treating chronic rhinosinusitis in atypical cystic fibrosis patients. Dr. Saag lives in Birmingham with his wife. Outside of his clinical duties, he enjoys spending time with his friends and family, hiking, and reading fantasy novels.

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Naisargee Solanki, MD

Dr. Naisargee Solanki earned her medical degree from Surat Municipal Institute of Medical Education and Research in India. She completed her Internal Medicine residency at Wayne State University/DMC Sinai-Grace Hospital, where she also served as Chief Resident. She is currently a second-year fellow in the Division of Diabetes, Endocrinology, and Metabolism at the University of Minnesota, where she serves as Chief Fellow. Following graduation, she will join Reid Health in Indiana as an adult endocrinologist. Dr. Solanki's clinical interests include improving access to high-quality endocrine care for underserved populations. During her fellowship, she has also developed a growing interest in cystic fibrosis–related diabetes (CFRD). She is currently collaborating with faculty on research examining the evolving metabolic characteristics of individuals with CFRD in the era of highly effective CFTR modulator therapy. Outside of medicine, she enjoys spending time with her two cats, exploring local trails, and baking.

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Mark Solinski, MD

Mark Solinski is a gastroenterology fellow at Northwestern University, where he also completed his internal medicine residency. A native of the Chicago suburbs, he earned both his undergraduate and medical degrees at Loyola University Chicago. His research interest focus on how CFTR mutations and CFTR modulator therapies affect gastrointestinal cancer risk and nutrition. Outside of medicine, Mark enjoys spending time outdoors, staying active, and exploring with his wife and dog.

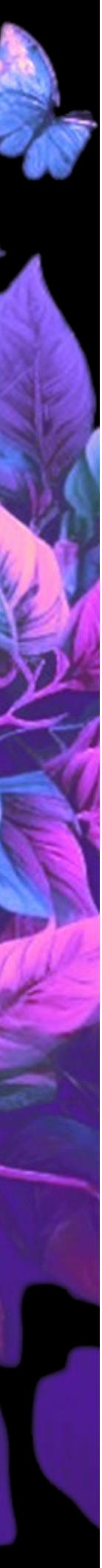
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Danai-Christina Theiopoulou, MD, MSc

Danai earned her Medical Degree from the University of Crete, followed by a Master of Science in Rheumatology-Musculoskeletal Health from the National and Kapodistrian University of Athens, in Greece. In parallel, she was a volunteer researcher at Massachusetts General Hospital (MGH) for over three years, where she contributed to an innovative pediatric lung function study in Uganda aimed at improving respiratory care in underserved communities. Danai is currently a second-year Postdoctoral Research Fellow at MGH where she focuses primarily on pediatric and adult pulmonology, with an emphasis on asthma and respiratory disease. Eager to expand her knowledge and apply her clinical and research background, Danai aims to advance healthcare and help individuals with cystic fibrosis live longer, healthier lives.

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Abstracts

Introduction to Becoming Part of a CF Care Center

Whitney Brown MD

The impact of aging is different for every individual with CF and varies based on many factors such as age, health status, modulator status, comorbidities, and goals and priorities. This session will feature the experience and perspective of an adult aging with CF facing both CF and general health issues.

Following that introduction, an overview of the US CF care center network and multidisciplinary care team structure will be provided. Given the expanding number of health professionals that may participate in the care of people with CF over a lifetime, an expanded framework for care delivery will be discussed as well.

Next, mechanisms to support CF care delivery in the US will be covered, with particular focus on the importance of the CF Foundation Patient Registry.

Increased Risk of GI and Other Cancers in People with CF

Steven Freedman, MD, PhD

With advances in the care of patients with CF have come new challenges. As people with CF age, we are seeing the emergence of an increase in cancers. These are concentrated on the GI tract, but other cancers are seen as well including breast and cervical cancer. The reason for the increased cancer risk in CF is not known, but a number of factors predispose. First, CFTR itself is an anti-oncogene (tumor suppressor). A study published in Immunity in 2017 by Dr. Alice Prince's group has shown that CFTR interacts with the tumor suppressor PTEN to activate PI3 kinase, regulate the inflammatory response and activate host defenses against *Pseudomonas*. With loss of CFTR function, loss of PTEN leads to a pro-oncogenic and hyperinflammatory state along with impaired *Pseudomonas* clearance. Other predisposing factors for GI tract cancers include the high saturated fat diets, the gut dysbiosis, altered GI transit times, and chronic GI inflammatory state, which are all linked to an increased risk of colorectal cancer. For pancreatic cancer, diabetes is a risk factor and thus taken together along with the loss of CFTR tumor suppressor function, we have a perfect storm for the development of malignancy.

A number of questions remain: Will CFTR modulators have a protective effect on malignancy? Can we attenuate risk with a 'healthier' diet? Is the biologic behavior of tumors in CF more aggressive? How do we screen for malignancies with the least invasive procedures? Should we treat cancers in people with CF similar to non-CF patients?

Sexual and Reproductive Health over the Lifespan in People with CF

Raksha Jain, MD, MSCI, ATSF

Advances in cystic fibrosis (CF) care, particularly the introduction of CFTR modulators, have transformed life expectancy and created new opportunities and challenges in sexual and reproductive health. As people with CF live longer, understanding the complex interplay between health and sex hormones, fertility, pregnancy, and aging have become increasingly important. This presentation will explore the potential influence of estrogen and testosterone on CF disease manifestations. We will review historical trends in pregnancy rates and maternal risk factors, followed by emerging evidence regarding the impact of CFTR modulators on fertility, pregnancy outcomes, and fetal health. Reproductive options for men with CF, including assisted reproductive technologies such as in vitro fertilization, will also be discussed. Particular emphasis will be placed on the importance of multidisciplinary care and coordinated management between CF specialists, obstetricians, gynecologists, urologists and reproductive health providers to optimize outcomes. Finally, we will examine hormonal changes across the lifespan, including perimenopause and menopause, and their potential implications for pulmonary health, bone health, and overall well-being. Together, these topics highlight the evolving reproductive and hormonal health needs of the aging CF population and the importance of integrating comprehensive, individualized reproductive healthcare into routine CF management.

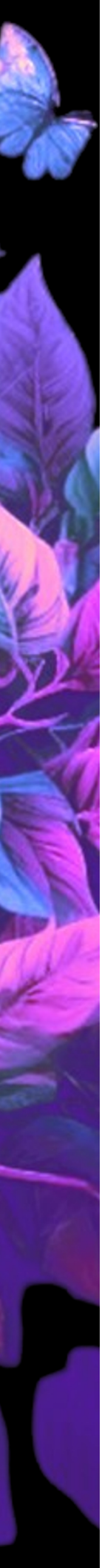
Antimicrobial Resistance and New/Pipeline Therapies

Joseph Pilewski, MD

Cystic fibrosis (CF) lung disease is characterized by impaired mucociliary clearance, chronic airway infection, and recurrent pulmonary exacerbations that progressively damage the airways. This talk will provide a practical framework for recognizing and managing common and uncommon CF respiratory pathogens, including *Pseudomonas aeruginosa*, fungi, nontuberculous mycobacteria, and multidrug-resistant Gram-negative organisms. Emphasis will be placed on interpreting respiratory cultures in the context of symptoms, prior microbiology, lung-function trends, imaging, and treatment history.

Antimicrobial resistance and its importance in CF will be reviewed, including intrinsic resistance, biofilm growth, adaptive phenotypes, hypermutation, and selection pressure from repeated antibiotic exposure. These mechanisms complicate susceptibility testing and contribute to discordance between laboratory results and clinical response. We will review principles of early eradication, treatment of pulmonary exacerbations, chronic suppressive inhaled therapy, antimicrobial stewardship, and the pros and cons of antibiotic combinations. The impact of resistant pathogens on lung transplant candidacy will also be discussed.

Strategies designed to overcome resistance will be considered. Current and emerging approaches include newer antipseudomonal beta-lactam/beta-lactamase inhibitor combinations, optimized inhaled delivery, susceptibility-guided combination regimens, bacteriophage therapy, anti-biofilm and quorum-sensing interventions, antimicrobial peptides, and agents that restore or potentiate antibiotic activity. The impact of highly effective CFTR modulator therapy on infection burden, airway microbiology, and antibiotic use will be considered, while recognizing that established structural lung disease and chronic infection often persist.



Abstracts

Modulator Benefits, Complications and Implications on Aging

Deepika Polineni, MD, MPH

Cystic fibrosis (CF) is a multi-organ disease with broad phenotypic heterogeneity, due to pathogenic variants in the cystic fibrosis transmembrane regulator (*CFTR*) gene. Epidemiologic studies of CF in the United States demonstrate a steadily improving expected survival, which is associated with the widespread use of CFTR modulator therapies. These systemically absorbed treatments correct and potentiate dysfunctional CFTR protein, presenting multiple end-organ benefits. For people with CF who are genetically eligible and able to tolerate these treatments with continued access to therapy, there has broadly been marked improvement in health. With these improvements, aging with cystic fibrosis (CF) is becoming an expected norm in the United States. This lecture will provide a review of CFTR modulator benefits, complications, and implications on aging with CF. Fundamentals of CFTR genotype and protein biology driving CFTR modulator mechanisms of therapy will be discussed. We will review data in treatment population efficacy and tolerability, and also examine the heterogeneity of modulator efficacy in approved genotypes. This lecture will emphasize regulatory approved CFTR modulator therapies while also discussing recent data from clinical studies of investigational CFTR modulator therapies. After completing this session, learners will be familiarized with major health benefits and challenges related to CFTR modulator use, treatment implications on aging with CF, and critically important patient perspectives on remaining areas of need for people taking CFTR modulators.

Endocrine Complications in the Aging CF Population: CF-Related Diabetes

Melissa Putman, MD, MMSc

As people with CF live longer in the post-modulator era, the prevalence of endocrine complications of CF will likely continue to rise. CF-related diabetes (CFRD) affects up to 40% of adults with CF and has been associated with a significant decline in pulmonary function and nutritional status. The recommended treatment for CFRD is insulin therapy, which has been shown to improve CF specific outcomes but also adds substantial treatment burden. At the same time, the rising rate of overweight/obesity since the introduction of elexacaftor/tezacaftor/ivacaftor is changing the CFRD phenotype by causing increased insulin resistance and metabolic syndrome, which is also raising the possibility of non-insulin therapies for the treatment of CFRD.

Until It's Done for Everyone: Pursuing Equity in CF Care and Research

Jennifer L. Taylor, MD, MSCS, ATSF

When Dr. Dorothy Andersen described cystic fibrosis (CF) as a pathological entity in 1938, she noted that of the 39 cases, there were patients of both Puerto Rican (n=1) and African-American (n=1) descent, and that the "racial and demographic distribution of [cases] was wide", however, until recently, CF has most often been described as a "White" disease. Such characterization has contributed to late diagnosis and treatment in Black, indigenous and people of color (BIPOC) with CF. Late diagnosis and treatment is associated with worse health outcomes including lower lung function and increased risk of death. Furthermore, missed and late diagnoses contribute to medical trauma and compound historical reasons for distrust of the medical system.

Both medical system distrust and investigative team implicit bias are likely to explain the disproportionately low enrollment of BIPOC with CF in clinical trials. Additionally, BIPOC with CF have a lower likelihood of being eligible for cystic fibrosis transmembrane conductance regulator (CFTR) modulators. Based on recent data from the U.S. CF Foundation patient registry, while more than 90% of White people with CF (pwCF) are eligible for a CFTR modulator, only 76% of Hispanic and 70% of Black pwCF are eligible for these life-changing therapies, and Black people with CF are less likely to receive a prescription for CFTR modulators even when eligible. *In vitro* evaluation of use of modulators for CFTR mutations more commonly found in BIPOC with CF and not previously included in testing efforts is underway.

Recent acknowledgment of health care disparities by CF organizations and within the CF community is an important first step in addressing the institutional and interpersonal factors that uniquely adversely impact the quantity and quality of life for BIPOC with CF. Efforts to increase representation of diverse voices from the CF community in care and research and CF workforce diversity are important additional steps and are ongoing. Intentionality in our endeavors is crucial to ensure that CF is ultimately cured for everyone.

Cardiovascular Disease: Modulator and Non-Modulator Associated Inflammation and Cardiovascular Disease

Ahmet Uluer, DO, MPH

Cardiovascular disease (CVD) is an emerging complication for individuals with chronic conditions, including those aging with cystic fibrosis (CF). As life expectancy for people with CF continues to increase, there is a growing need to identify and address modifiable CVD risk factors such as atherosclerotic heart disease, heart failure and stroke. The progression of atherosclerosis may be accelerated in CF due to chronic systemic inflammation and disease-specific factors, including cystic fibrosis–related diabetes (CFRD), hypertension, obesity, and dyslipidemia. Increased oxidative stress further promotes early vascular damage. Recent advances in CF treatment, particularly with CFTR modulators, have markedly improved pulmonary function and overall quality of life. However, these therapies do not eliminate risk, underscoring the importance of dedicated monitoring and prevention. Primary prevention during adolescence and early adulthood offers an opportunity to mitigate inflammation, manage risk factors, and delay the onset of atherosclerosis. Routine screening for hypertension, CFRD, dyslipidemia, and other risk factors, combined with early intervention and aggressive management, should be integrated into the comprehensive care models already familiar to CF centers. Just as proactive care has reduced pulmonary and nutritional complications, a similar focus on cardiovascular health could extend survival and improve quality of life for adults with CF.

History and Development of Adult CF Care

James Yankaskas, MD

Presented at Pre-Symposium Virtual Meeting on Tuesday, September 22

Science and the practice of medicine continually evolve. New techniques and improved practices lead to better outcomes over time. Cystic fibrosis illustrates those items well. When CF was first described in 1939, it led to death in infancy. Physicians and scientists worked to improve knowledge and care since then. Adult CF care programs were recognized in 1980 and contributed greatly to that progress. The median predicted survival improved steadily and by 2013, there were more affected adults than children with CF in the U.S. Those developments help provide the basis for further progress in CF knowledge, care, and patient life.

About CFRI

The Cystic Fibrosis Research Institute (CFRI) is a 501(C)(3) organization that funds innovative CF research and offers education, advocacy and psychosocial support programs and services to those with CF, as well as their families and caregivers.

Our **mission** is to be a global resource for the cystic fibrosis community while pursuing a cure through research, education, advocacy, and support. Our **vision** is to find a cure for cystic fibrosis while enhancing quality of life for the CF community.

When CFRI was founded in 1975 by a small group of CF family members, children with CF were not expected to survive their teen years. Initially a volunteer-run organization focused on research, CFRI responded to the CF community's needs and expanded its programs to include educational and support programs. Today, CFRI provides a wide range of services to meet the multi-faceted needs of our national and international CF community.

Research

Since 1977, CFRI has provided over $13 million in research grants to advance basic and translational CF research.

New Horizons Research Award Program

The New Horizons Research Program funds promising basic and translational cystic fibrosis research projects in academic and hospital institutions. Principal Investigators (PIs) must work in their labs in a U.S. institution to be eligible for $80,000 per year for two years via two annual contracts. New Horizons awards often serve as key seed funding for promising new lines of basic and clinical CF research that show prospects of future funding by other sources.

Elizabeth Nash Memorial Fellowship

The Elizabeth Nash Memorial Fellowship (ENMF) provides annual funding to support Post-Doctoral Fellows engaged in CF-related research at academic and hospital institutions nationwide. The fellowship is named in memory of geneticist Elizabeth Nash, who had CF and served as CFRI's RAC Chairperson. $75,000 is awarded to a research institution to support a principal investigator, who in turn appoints the postdoctoral research fellow conducting basic or translational research.

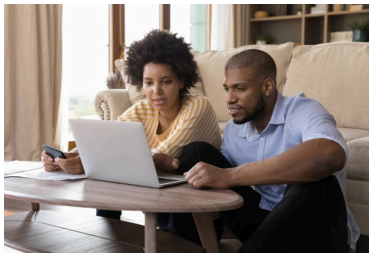
Letters of Intent for the 2027-2029 funding cycle are being accepted until November 2, 2026. For information about any of these programs, please email cfri@cfri.org, or go to www.cfri.org.

Education



- 40th Annual National CF Education Conference: July 23 - 25, 2027 - renowned experts in the field of CF, patient panelists, and CF researchers present the latest in research and clinical practice to in-person and virtual attendees
- Weekly eNews: updates on CF research, special events, advocacy efforts, and support programs
- *CF Community Voices*: podcast series by and for the CF community
- Newsletters: Twice annual printed *CFRI Community* and Spanish-language *CFRI Comunidad*
- Website and Social Media platforms; dynamic resources for the global CF community

Support



- Support Groups: nine virtual facilitated groups provide peer-to-peer support to our diverse community (adults with CF, caregivers, those ineligible for modulators, Spanish-speaking CF community members, etc.)
- Counseling Support Program: financial support for six individual counseling sessions for people with CF and their family members
- Community Retreats: virtual and hybrid Retreats for adults with CF; and in-person and virtual Retreats for mothers of children/adults with CF
- Workshops: free online quarterly Mindfulness workshops for the CF community
- CF Wellness: free online CF-specific wellness classes, including strength training, yoga, Pilates, dance, flexibility and stretching and Qigong

Advocacy and Awareness

- Many Voices ~ One Voice CF Advocacy and Awareness Program: broadens understanding of the physical, emotional, and financial challenges faced by the CF community while advocating to reduce barriers to medical care and therapies and increase investment in research
- Faces of CF Diversity & Inclusion Program: CF impacts people of every race and ethnicity. This program advances awareness of our CF community's diversity, while creating resources for underrepresented groups, including podcasts, quarterly workshops, online and printed materials



About the Elizabeth and Patrick Nash Foundation

The Elizabeth Nash Foundation was established in 2003 by her family to honor and perpetuate Liz's lifelong example of giving and to continue her fight against cystic fibrosis. During her lifetime Liz fought CF as a PhD research scientist, Chair of the Research Advisory Committee for Cystic Fibrosis Research Institute, and as a mentor to teens with CF. The foundation was renamed in 2025 to also honor Patrick, Liz's brother, who passed away in 2022 due to cancer secondary to his CF. Pat earned an undergraduate degree and MBA, married the love of his life, had a career in corporate finance, and welcomed beloved twin children. Patrick was deeply involved in his community, participated in CF clinical trials, served on CFRI's CF Adult Advisory Committee and also began work to improve screening protocols for GI cancers in CF patients.

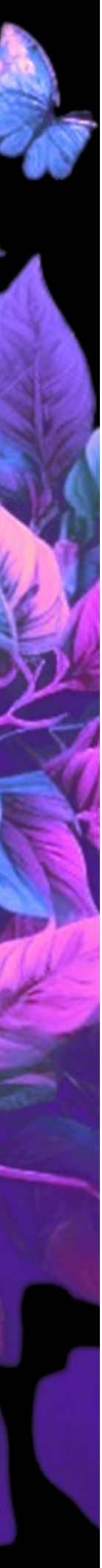
The foundation focuses on its investments in two areas:

- Scholarships to assist people with CF who are pursuing undergraduate or graduate degrees, and
- Cystic fibrosis research via support of CFRI's Elizabeth Nash Memorial Fellowship for Post-Doctoral Research in CF
- Supporting the Patrick Nash Fellows Training Program in collaboration with CFRI

The foundation is particularly interested in new research initiatives that improve the quality of life and outcomes for adults with CF.

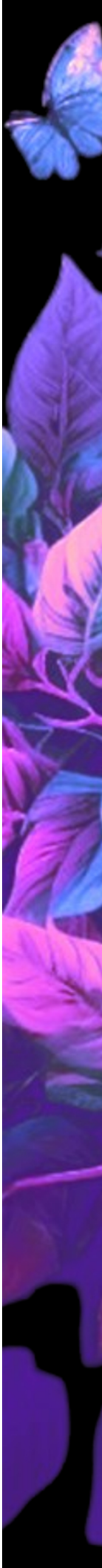
The Elizabeth Nash Foundation is a donor-supported 501(c)3 non-profit public benefit charity. Donations are tax deductible, and 100% of funds raised go to programs and benefits for individuals with CF.

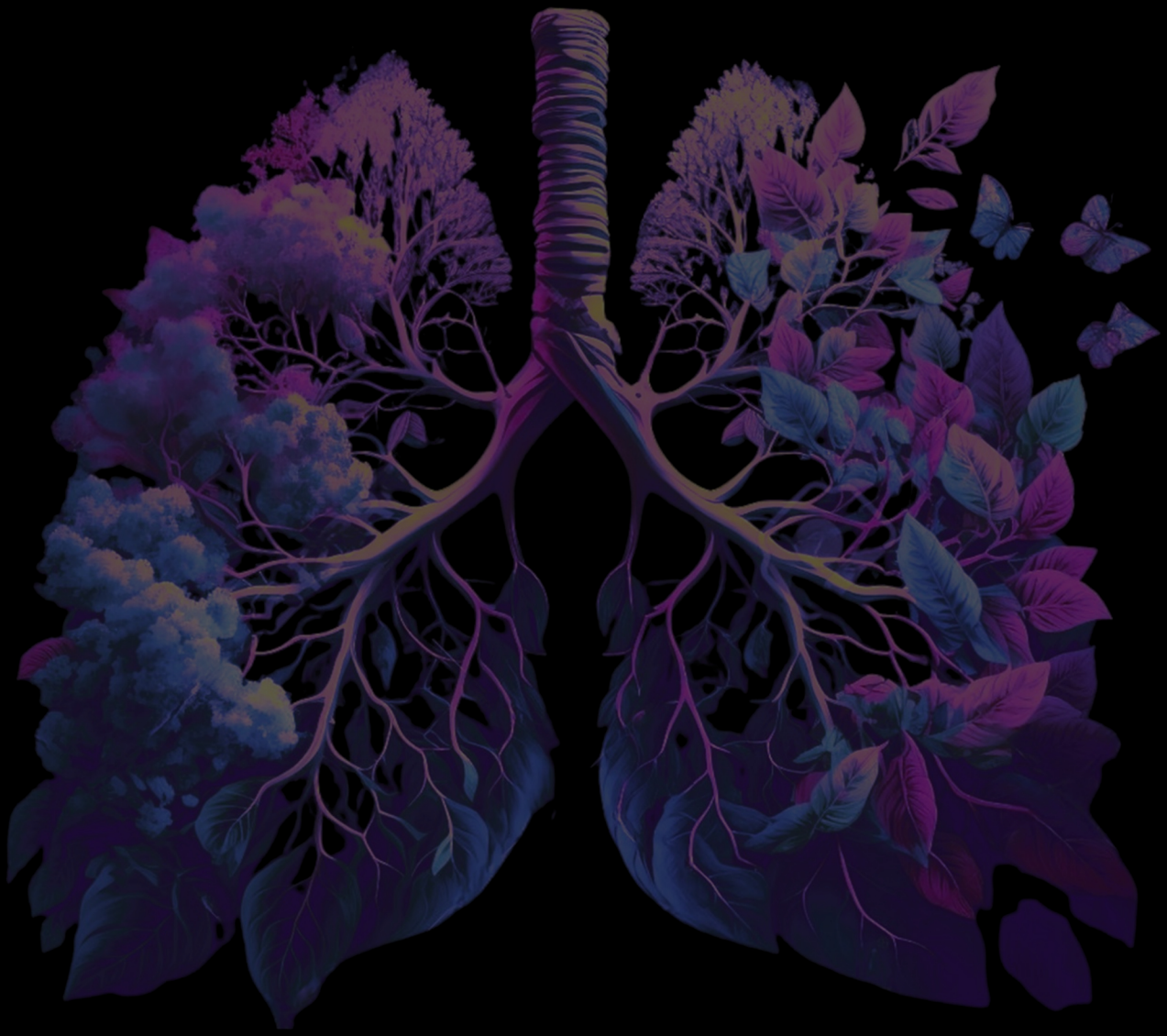
Website: https://www.elizabethnashfoundation.org



Notes

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CFRI Cystic Fibrosis Research Institute

RESEARCH · EDUCATION · ADVOCACY · SUPPORT

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