

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Cystic Fibrosis: Fighting to Breathe Easily

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Cystic Fibrosis (CF) is a genetic condition that frequently causes lung infections, and affects a person's ability to breathe. According to the CF Foundation, the symptoms of CF include: salty-tasting skin, frequent coughing and phlegm buildup, lung infections such as pneumonia and bronchitis, wheezing, poor growth, and difficulty with nutrition absorption and bowel movements. For individuals with CF, they inherit a recessive CF gene from both parents. In order to diagnose CF, doctors perform a newborn screening, sweat test, genetic test, and clinical evaluation at an accredited CF Foundation clinic. As for treatments, they are defined by the



individual's severity and presentation of CF, such as airway clearance, inhaled medications, antibiotics, pancreatic enzyme supplements, fitness plans, and CF transmembrane conductance regulator modulators.

When someone is living with CF, it can be frustrating when they are not able to enjoy certain things due to completing treatments, avoiding infections, or managing symptoms. One of the significant limitations that people with CF experience is needing to be cautious when interacting with another person with CF. This is because individuals with the disease are more susceptible to sickness due to compromised immune systems, particularly related to infections that can be difficult to treat. Therefore, when someone with CF is developing a friendship or relationship with another person with CF, it is important to talk to your CF doctor about the best ways to stay healthy. Having limited contact and support from other people with CF, as well as the physical challenges, can affect one's mental health when dealing with CF. In order to help someone through the hard parts of CF, be empathetic and allow them to voice their emotions without judgment. When a person is having a hard time, they just want to be heard.

To everyone living with CF, know that you are amazing and can achieve anything you want, despite your diagnoses. Keep fighting the good fight and conquering the world.

Cystic Fibrosis Foundation, "About Cystic Fibrosis." Date Unknown.
<https://www.cff.org/What-is-CF/About-Cystic-Fibrosis/>

Did you know?

Did you know that
A New Day Pediatric Psychology
now has **2 Pediatric**
Psychologists on our team?!



That means, we are
specifically trained to help
children and their parents work
through and adjust to medical
diagnoses using
psychological interventions.

Let us help you.

Visit www.anewdaysa.com to
schedule your appointment.

**This newsletter is issued every first and
third week of each month.**

**The purpose of this newsletter is to
educate, inspire, and bring healing and
awareness by discussing a variety of
behavioral health and medical conditions.**

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