

Ria Audio

Hi, I'm Ria. I'm in 6th grade. I love painting, baking cookies with way too many sprinkles, and watching animal rescue videos online.

I also have cystic fibrosis.

It's okay—you probably haven't heard of it. It's a condition I was born with that mostly affects my lungs and digestion.

What does that mean?

Well, my lungs make extra thick mucus. So I have to do special treatments every day—like using a vibrating vest that shakes my chest to help clear stuff out. It's not painful, just loud. Like, “try-to-watch-a-show-but-the-vest-is-louder” loud.

I also take a bunch of pills with every meal so my body can actually absorb the food I eat. Without them? Let's just say my stomach gets super unhappy.

And when I get sick, it can hit harder than it would for other kids. A cold isn't just a cold—it might mean a trip to the hospital or being stuck at home for days doing extra breathing treatments. That part really stinks. Especially when your friends are out having fun and you're stuck with a thermometer and soup.

But here's the deal—I've learned how to take care of myself. I know when to rest. I know when to ask for help. And I've become really good at making the most of the good days.

So yeah, I have cystic fibrosis. But that's just one part of me. I'm still Ria. I still laugh way too hard at cat videos, and I still dream about opening my own bakery someday.

CF is part of my story. But I get to write what comes next.