Lebanon Co. boy selected C.F. poster boy

When you hear words like has been selected as the 1975 "lung-damaging disease" poster child for the Central you tend to think of smogbound cities with narrow, Cystic Fibrosis Foundation treeless alleys and factories belching smoke. But that's Harrisburg. not necessarily the case.

southewestern Lebanon proclamation signing County, not far from historic ceremony in the governor's seven-year-old David Harrisburg. Governor Shapp Umberger. David was born went down on his knees to with cystic fibrosis, an in- greet David, and the two curable hereditary disease chattered face to face, apwhich affects the lungs and the digestive system.

sons of Donald and Florence governor took the occasion to Umberger of R4, Lebanon,

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As the poster child, David Amid the farmlands of recently participated in a Umberger's Mill, lives office at the capitol in parently oblivious to the confusion and milling people David, the younger of two all around them. The call upon all citizens of the

Commonwealth to give postural drainage therapy recognition and support to for about 15 minutes per the worthwhile efforts of the Cystic Fibrosis Foundations.

Cystic fibrosis is the number one genetic killer of children in the U.S. today. Children are born with the disease when both parents carry the C-F gene. It has been estimated that nearly a quarter million persons in the U.S. carry the gene, but as yet there is no sure way of testing for the defect.

The Umbergers learned that their son had cystic fibrosis when he was just 27 months of age. A series of respiratory infections led them to a specialist who made the diagnosis. He sent the family to the Cystic Fibrosis Clinic at Harrisburg Polyclinic Hospital, one of only three such facilities in are at Philadelphia and Pittsburgh.

For about a year, the Umbergers took David up to breathes the medicated Harrisburg to the clinic every week. Then it was every month, then every other month. Today, David visits the clinic once every three months. Thanks to modern medication and therapy techniques - the result of Foundation research - David's disease is presently under control.

A day in the life of a child in which concentrated effort is expended merely to keep breathing. Upon arising, was born in 1968. If he had during the day and before retiring, David receives inhalation therapy and

session.

David has an aerosol mist machine with a face mask. The machine pumps medicated mist which David inhales deeply into his lungs. There, the medication works to break up the thick mucus which clogs the air passages.

For about ten minutes at a time, David's mother gives him postural drainage therapy. This involves David's lying face down, with pillows piled beneath his stomach and waist, so that the lung and chest area is lower than the rest of his body. Mrs. Umberger then firmly taps David on the back and sides, in the lung area, with cupped hands. This helps to loosen the Pennsylvania. The other two mucus in the lungs so that David can cough it up and breathe more freely.

At night, David again mist. He sleeps within a plastic tent, into which the mist is pumped throughout the night. Without the tent, David would be kept awake much of the night, coughing and wheezing and gasping for breath.

Although to the casual observer the Umbergers might seem to have reason to be depressed, the family is a with cystic fibrosis is a day cheerful, optimistic group.

"We are fortunate," says been born 10 or 15 years earlier, we might not still have him with us. Back in

school age.

"Now, because of the

Mrs. Umberger works completely. hard for the Foundation. She Rural Southwestern County.

the 1950's, when the Cystic Lebanon County Chairman Fibrosis Foundation was for the Breath of Life first organized, children with Campaign to raise funds to C-F usually did not reach support the Foundation's activities.

The Umbergers and other research and education parents of cystic fibrosis functions of the Foundation, children are working many cystic fibrosis children diligently to help raise funds are reaching 18 and 20 years to aid in research which may result in a cure for the "The Foundation," she disease. Eventually, the declares earnestly, "is Foundation hopes to be able buying time for children with to trace the gene which cystic fibrosis and other causes the disease and to lung-damaging diseases." wipe out cystic fibrosis

In the meantime, through is a member of the board of research and education, it is directors of the Central helping to keep children Pennsylvania Chapter, breathing and living -Cystic Fibrosis Foundation. whether they live in crowded She is currently serving as cities or in a sunny Lebanon

Musical group featured at women's convention

"Them There Guys," a meeting, awards will be local musical group, will be presented for best local Ann of Fleetwood. In ad- Ruth Richards. dition to the annual business

the featured entertainment society scrapbooks, atat the Berks County Society tendance and safety of Farm Women annual programs. Attendance is convention to be held Oc- expected to total over one tober 4, 1975 at the Kutztown hundred fifty including Grange Hall. Another part of many presidents from the program will be a talk on counties throughout the state flower arranging by Audrey and state president, Mrs.

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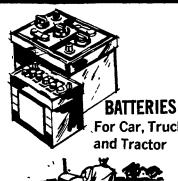
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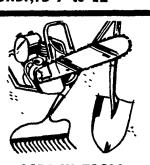
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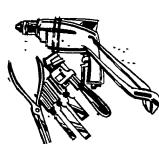
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