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200 Belle Terre Road, Port Jefferson, NY 11777

(631) 474-6251 / (631) 476-5582 fax

Contact: Marilyn Fabbriante

Director, Public &amp; External Affairs

**Team St. Charles Makes Great Strides for Cystic Fibrosis**

**(Port Jefferson, NY)** - Saturday, May 1, more than 35 individuals representing Team St. Charles participated in the *GREAT STRIDES* walk – hosted by the Cystic Fibrosis Foundation.

*GREAT STRIDES* is the Cystic Fibrosis Foundation's largest and most successful national event with 6 walks taking place across Long Island. More than 200 participants enjoyed the scenic 3-mile walk taking place on May 1 in Blydenberg Park, Smithtown. Prior to the race entertainment, activities, food, and refreshments were enjoyed by all the participants.

Cystic fibrosis (CF) is the most prevalent genetic disease in the United States. It substantially impairs normal respiratory and digestive functions, making the simple acts of eating and breathing a challenge. Ten million Americans are symptomless carriers of the defective CF gene. Currently therapies have been developed that make a significant difference in treating the symptoms of CF while research continues to find a cure.

The Specialty Care Center at St. Charles Hospital provides services for patients with cystic fibrosis. Offering a multidisciplinary approach, the specialized team includes physicians, nurses, nutritionists and respiratory therapists. Therapy includes prevention and treatment of lung problems, guidance on good nutrition and physical activity as well as psychological support.

For more information on cystic fibrosis services at St. Charles Hospital, please call (631) 474-6797.

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