Spring 2026

Stanford MEDICINE
Children's Health

Cystic Fibrosis Center **News**

Pharmacogenomic Analyses of Corrector-Resistant Cystic Fibrosis

—Celeste Riepe, PhD, and Ron Kopito, PhD

The advent of "CFTR modulators"—small-molecule drugs that correct underlying structural defects in disease-causing CFTR variants—has revolutionized cystic fibrosis therapeutics since FDA approval of ivacaftor in 2012. Despite the remarkable success of CF modulators, ~15%–20% of patients with cystic fibrosis (pwCF) are unable to be helped because they experience intolerable side effects or because they have CFTR variants that do not respond to the drugs. Consequently, there is a pressing unmet medical need to develop new therapeutic strategies for pwCF. Toward this end, Ron Kopito, PhD, professor, and Celeste Riepe, PhD, postdoctoral fellow, at Stanford University are using genome-wide CRISPR analysis to identify novel drug targets that work through different mechanisms than the current FDA-approved drug therapies.


Celeste Riepe, PhD, and Ron Kopito, PhD

Given that many pwCF who are not on modulators carry mutations that prevent CFTR from being produced, current CF research largely focuses on gene therapies designed to deliver full-length CFTR into affected organs. However, there are

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pwCF who cannot take modulators yet still produce full-length CFTR, which could be rescued with the next generation of small molecules. The key advantage of small-molecule therapies is that they can reach multiple organs that produce CFTR throughout the body, which is an enormous technical challenge of gene delivery systems.

Because CFTR modulators work by binding directly to CFTR protein to help the mutant protein fold into a more correct shape, their efficacy is strongly influenced by mutations that affect how tightly each variant of the protein binds to corrector drugs, explaining why the drugs are more effective for some variants than for others. The Kopito lab works to discover targets for new types of correctors—those that, instead of relying on direct binding to CFTR, work by tweaking the cellular "quality control" machinery to make the cellular environment less hostile to variant CFTR. Drs. Riepe and Kopito have shown that inhibiting the intracellular machinery that degrades CFTR can dramatically enhance the ability of FDA-approved modulators to increase the amount of CFTR that traffics to the cell surface, where it needs to be to do its job as an ion channel. As with other important discoveries in biomedicine, including the development of the current CF modulators, this new approach is enabled by understanding the basic underlying cell biological mechanisms that target folding-defective CFTR for destruction. The Kopito laboratory is using state-of-the art genetic screening approaches to determine which of the 20,000 genes in the human genome influence the stability and plasma membrane trafficking of CFTR variants. Once drug targets have been identified in the screen and validated using cell models, the Kopito laboratory will collaborate with the Milla and Porteus laboratories at Stanford to validate the idea that their strategy restores CFTR function in airway cells from pwCF. Through these screens, the Kopito laboratory aims to identify novel targets for new small-molecule drugs that can synergize with existing and future modulators.

This article was previously published in CFRI Community, Fall 2025 edition

Pediatric CF Center Updates

Proud to Be Ranked #8 in the Nation by U.S. News & World Report

We're excited be ranked #8 among pediatric pulmonary centers nationwide, according to U.S. News & World Report. We also have the highest ranking on the West Coast. Our improved ranking reflects significant work by our entire team to advance our quality of care and grow our program.

Read the Stanford News Article here:
https://www.stanfordchildrens.org/en/about/news/releases/2025/us-news.html

BEST
CHILDREN'S
HOSPITALS
U.S.News & WORLD REPORT
RECOGNIZED IN
11 SPECIALTIES
2025-2026

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Celebrating 2025 Outstanding Care Center Partnership Award

Each year, the Northern California Chapter hosts a Community Celebration to recognize outstanding partners and volunteers who help advance our mission. This award honors care teams who work closely with our chapter to create meaningful connections and support for the CF community. From sponsoring Great Strides walks to supporting our Breath of Life Gala and providing valuable resources, the Lucile Packard Children's Hospital Stanford CF team has been an incredible partner, and we are deeply grateful for their continued dedication.

We are proud to announce that the **Lucile Packard Children's Hospital Stanford Cystic Fibrosis Center** has been selected as the **2025 Outstanding Care Center Partnership Award** recipient.

Treatments Together, Never Alone

My name is Anish Roy, and I am a junior at Archbishop Mitty High School living with cystic fibrosis (CF). I self-diagnosed last year and have a nonsense mutation, which currently makes me ineligible for CF modulators. As a result, I must complete daily treatments—at least twice a day—to maintain my health.

These treatments are unavoidable, but they are also long, repetitive, and emotionally draining. Each session can last 30–90 minutes, and only other cystic fibrosis patients truly understand how isolating daily treatments can be. When you are sitting through them day after day, the sense of loneliness can be overwhelming.

I am passionate about computer science and mathematics, and I wanted to apply these interests to a problem I experience every day. I created Nebula, a website designed exclusively for CF patients. Because CF patients often cannot interact in person due to infection risks, Nebula provides a safe virtual space where users can see who else is taking treatments in real time and connect together. Even virtually, knowing someone else is enduring the same process makes a meaningful difference.

"Nebula is a project I built not just as a student, but as someone who sits through these treatments every day."

Anish Roy

Nebula is a project I built not just as a student, but as someone who sits through these treatments every day. Treatments are unavoidable—but feeling alone doesn't have to be. My long-term vision is to grow Nebula into a supportive digital community where CF patients of all ages feel connected during one of the most challenging parts of living with the disease.

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If you know someone with cystic fibrosis, please encourage them to explore Nebula at **https://project-nebula-frontend-production.up.railway.app/** and share feedback through the Feedback tab. My hope is simple: No CF patient should ever feel alone during treatment.

Author bio: Anish Roy is a junior at Archbishop Mitty High School living with cystic fibrosis. He is passionate about computer science and mathematics, hosts an AI/ML bootcamp series as program director and lead instructor, and has published internationally in peer-reviewed IEEE conferences, a journal, and a Taylor & Francis book chapter. He created Nebula to help cystic fibrosis patients connect during daily treatments.

Access Nebula here:

Patient Spotlight: After Modulator Therapy, Teen Racks Up Medals in Onewheel Racing

Fourteen-year-old Max Leib-Post is a rising star in the sport of Onewheel racing, thanks in part to modulator therapies that helped get his CF under control.

Max recently won first place in his category at a national Onewheel competition and finished the season ranked No. 2 in the country in his category. That category includes many adult competitors, some of whom are professional Onewheel riders.

“He put his work in,” Max’s father, Charles Leib, told The Mendocino Beacon. “He knows what you put into it is what you get out of it, as with everything in life, as I have taught him. When you do that, you feel a lot better when things pay off.”

Max’s rise through the Onewheel ranks is even more impressive because he has CF. Two years ago, Max started modulator therapy, which helped him breathe better, gain weight, and fend off infections.

Max Leib-Post during a Onewheel race

Max was feeling better, which helped him engage in more physical activity. As a result, Max had an “opportunity to define who he was rather than be defined by his condition,” he told The Mendocino Beacon. That’s when Onewheel became his passion.

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Patient Spotlight...continued from page 4

Max competing in a national Onewheel competition

Onewheel uses an electric skateboard with a large wheel in the middle of the board. Riders place one foot in front of the wheel and one behind it. Riders race on courses that are similar to mountain biking trails and can reach speeds of 20 miles an hour or more.

Max is in his freshman year of high school and planning to go pro next year. "I'm super-excited for the next season and to race pro," he told *The Mendocino Beacon*.

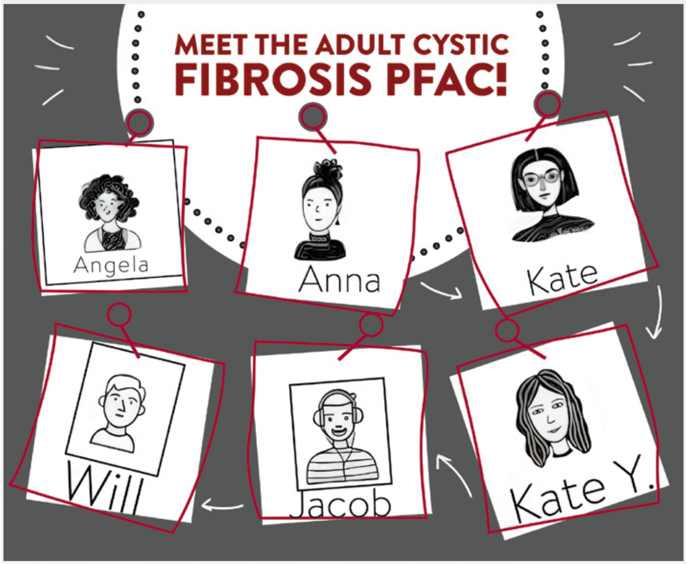
Adult CF Updates

News From the Adult CF Patient & Family Advisory Council

Did you know the Adult CF Clinic has a nine-person Patient & Family Advisory Council (PFAC)? Each month, we gather virtually to connect with one another, discuss the patient perspective on our clinic, and offer guidance and feedback to our care team.

The CF PFAC has been busy in 2026!

- Inpatient care for people with CF is changing, as fewer and fewer patients need to be routinely admitted for exacerbations. The PFAC has been working alongside the team every step of the way as we adapt to these changes, offering feedback and ideas and troubleshooting pain points as our systems transition.
- The council has also assisted the CF team in implementing some new initiatives while keeping the patient experience at the center. Some of these include:
  - New AI-driven clinical note transcription
  - Updating the CF Center website content
  - Research on GI issues for people with CF
  - Quality improvement projects related to sexual and reproductive health, annual OGGT, and collaboration with Endocrine



We are always recruiting new members! Currently, the PFAC consists of six adults with CF and three caregivers (two moms and one spouse) of adults with CF. If you're interested in sitting in on a meeting or joining the PFAC, contact **Kate Yablonsky** at **kyablonsky@stanfordhealthcare.org** or **(650) 444-6512** to learn more!

Another Inspiring Year at NACFC 2025

—Lani Demchak, MBA

Another inspiring North American Cystic Fibrosis Conference (NACFC) has come to a close. This year's sessions were filled with energy, optimism, and meaningful progress. Attendees heard exciting updates on genetic therapies, expanded options for those not eligible for CFTR modulators, and innovations shaping the future of CF care. Advances in standard treatment—along with a growing focus on reproductive and mental health—were met with strong engagement and enthusiasm throughout the conference.

Plenary 1: Six Years of Highly Effective Modulator Therapy and Beyond: Reflecting Back and Looking Forward

On Day 1, Claire Keating, MD, of Columbia University Irving Medical Center, and Marcus Mall, MD, of Universitätsmedizin Berlin, reflected on the life-changing impact that CFTR modulator therapies have had over the past six years. They shared insights into how these treatments have improved daily life for many people with cystic fibrosis and discussed key lessons learned along the way. Looking ahead, they highlighted new emerging therapies that could benefit even more individuals with CF.

Plenary 2: A Breath of Fresh Age—Redefining Growing Older With Cystic Fibrosis

Ahmet Uluer, DO, MPH, and Karen von Berg, PT, DPT, explored how the science of healthy aging applies to people with CF. They emphasized a whole-person approach that extends beyond lung health and supports lifelong wellness. Building healthy habits early, especially regular exercise, was highlighted as essential for maintaining muscle and bone strength, reducing other health risks, and promoting long-term independence.

Plenary 3: Until It's Done for Everyone

Day 3 focused on ensuring that advances in CF care benefit everyone. While new therapies are helping many people with CF live longer, healthier lives, speakers acknowledged persistent gaps in access.

Stanford CF team at NACFC

Jennifer L. Taylor, MD, of National Jewish Health discussed how biological, socioeconomic, and systemic factors influence outcomes and shared practical strategies to reduce disparities. Hector Gutierrez, MD, of the University of Alabama at Birmingham offered a global perspective, describing innovative solutions in low-resource settings and underscoring the importance of strong health care infrastructure and partnerships.

Our Stanford team's contributions

Members of our CF care team were proud to present and share their work with colleagues nationwide:

- Meredith Wiltsie, NP, and Kate Yablonsky, LCSW, presented a talk and poster on an advance care planning initiative, the Serious Illness Conversation.
- Diana Naranjo, PhD, presented "Adjusting and Thriving After a CFRD Diagnosis."
- Jacquelyn Spano, DNP, CPNP-AC/PC, CCRC, presented on LEAPP as part of the Best Abstracts in Nursing & Advanced Practice

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Another Inspiring…continued from page 6

Providers and led a session on "How to Run a Successful Family Education Day."

- Meera Vijayan, PharmD, pediatric pharmacy resident, presented "Nutritional Decline and Glycemic Variability as Early Clinical Indicators in Pediatric CF Patients Undergoing CGM: A Retrospective Cohort Analysis."
- Jake Brockmeyer, PharmD, BCPS, BCPPS, presented a pharmacology poster.

Additional workshops and roundtables included:

- "Interpretation of Clinic Spirometry for CF Nurses"—Tina Conti, BSRC, RRT, RRT-NNT, CCRC
- "Practical CGM: Choosing, Obtaining, and Placing a Sensor"—Holly Cooper, MD
- "Thinking Outside the Box in Clinical Trials"—Lani Demchak, MBA
- "Lunch & Learn: So Many Guidelines, So Little Time"—Teresa Priestley, MSW

NACFC 2025 once again highlighted the innovation, collaboration, and commitment advancing CF care, reinforcing our shared dedication to improving outcomes for everyone living with CF.

Save the Date for the 2026 NACFC conference
Oct. 7–10, 2026 | Atlanta, Georgia

Research Spotlight:

STOP-PEDS: A New Study for Pediatrics

Children are not simply smaller versions of adults. Their bodies respond differently to illness and medication, which means treatment strategies must be carefully studied specifically for pediatric patients.

Children with cystic fibrosis (CF) often experience pulmonary exacerbations (PEx), which are flare-ups of lung symptoms such as a new or worsening cough. These episodes are commonly treated with antibiotics, but it is not always clear if antibiotics are truly needed—especially for mild cases.

The Streamlined Treatment of Pulmonary Exacerbations in Pediatrics (STOP-PEDS) is a new research study that will evaluate the best way to treat a new cough in children with CF. Approximately 430 children from 33 CF care centers will take part. The goal of the study is to determine whether children with CF can remain healthy while using fewer antibiotics to treat respiratory illnesses.

By learning when antibiotics are truly necessary, this study aims to improve care while minimizing unnecessary medication exposure for children with CF.

Most children ages 3 through 18 will be eligible to take part. Study visits will take place on the same day as regularly scheduled CF Clinic visits, making participation easier for families. The study does not involve any blood draws, and families will receive compensation for participation.

If your family is interested in learning more, please contact:

Tina Conti, Research Coordinator
+ Respiratory Therapist
Email: **tconti@stanford.edu**
Phone: **(650) 498-8701**

Join the STOP PEDS Study

Writing the next chapter for managing respiratory illnesses in children with CF

Our Goal

Conduct a research study to learn if we can provide the same level of care while using fewer antibiotics for children and adolescents 3-18 years old with cystic fibrosis.*

You Can Expect

After enrolling your child or adolescent in the study you will receive a weekly survey by text and need to visit the clinic every 3 months. Contact the study team when your child has a new or worsening cough for 3 or more days.

If your child gets sick they will be assigned by the study team to get immediate antibiotic therapy or tailored therapy.

Immediate Antibiotic Therapy

- Increased airway clearance
- Immediately start 14 day treatment of oral antibiotic

Tailored Therapy

- Increased airway clearance
- Oral antibiotic added later if symptoms are worsening or not improving

28 Days

Complete surveys, answer phone calls and texts, and Day 28 visit to CF clinic

1 Year

Participation in this study can be up to 1 year

This study is safe because:

- Study team will communicate with your CF Clinic team
- Individual attention throughout the study
- Study includes safety guidelines to make sure your child receives necessary treatment

Learn More Here:

Visit: https://cf-stoppeds.washington.edu/

*Other qualifying criteria exist

Thai Chicken Lettuce Wraps

—Marjorie@APinchOfHealthy

These Thai Chicken Lettuce Wraps are a crisp, flavorful choice for an appetizer or light meal. Filled with savory chicken and fresh ingredients, they're simple to prepare and big on taste.

To make them more calorie- and protein-dense, add extra oil, sprinkle in chopped nuts, or pair with rice for an easy nutrition boost.

Prep time: **5 min.** | Cook time: **10 min.**
Total time: **15 min.** | Servings: **6**
Calories: **158 kcal**

Ingredients

- 1 tablespoon sesame oil
- ¼ cup onion, diced; I used yellow (white onion works too)
- 2 cloves of garlic
- 1 tablespoon fresh minced ginger or ginger paste
- 10 oz. ground chicken
- ¼ cup tamari (low sodium) or soy sauce, coconut aminos
- 2 tablespoons Thai sweet red chili sauce
- Juice of 1 lime
- 1 teaspoon maple syrup or honey, agave
- ⅓ cup cashews, chopped—raw or roasted/salted
- ¼ cup scallions chopped
- ¼ cup cilantro fresh, chopped
- ¼–½ cup carrots shredded
- 1 head butter lettuce, leaves removed, rinsed, and dried—see notes
- Sesame seeds for topping

Instructions

1. Make the garlic, ginger pan sauce: Heat up a pan to medium-high heat and add the oil. Once the oil is hot, add in the onions. Toss and let cook for 2–3 minutes until the onions start to brown and turn translucent. Then add in the garlic and ginger. Toss that all together and let it cook for 2 minutes.
2. Cook the chicken: Add the ground chicken to the pan, tossing it in the pan sauce while breaking it up with a wooden spoon or spatula. Season the chicken with a little salt and pepper and let it cook until it starts to turn golden brown and there is no more pink, about 3–4 minutes.
3. Make the Thai chili sauce: Meanwhile, add the tamari/soy sauce, chili sauce, lime juice, and honey to a small bowl and mix to combine.
4. Add the sauce to the chicken: Sprinkle the chopped cashews over the chicken in the pan and pour in the sauce. Toss that all together, reduce the heat to low, and let that all cook for 2 more minutes. Remove the pan from the heat and let it cool for a few minutes, then stir in the scallions, cilantro, and carrots.
5. Assemble the lettuce wraps: To assemble the lettuce wraps, open one of the lettuce leaves and add a large spoonful of the chicken mixture into the wrap; top it with some of the pan sauce and sesame seeds. Continue until you have made all of the lettuce wraps.

Notes

- Nutritional information is approximate and was calculated using a recipe nutrition label generator. It will vary, based on how much filling you put in your wraps, but the information is for approximately 2 wrapper serving.
- To prepare the lettuce, carefully tear each leaf away from the bulb, and rinse each leaf carefully under lightly running water. Then place the clean leaves on a clean paper towel to dry before using them to assemble the wraps.

Current and Upcoming Research

Active Studies

Name	Brief description	Criteria	Contact(s)
BEACON A Phase 1/2 Single Dose Escalation Study Evaluating the Safety and Tolerability of VX-522	Phase 1/2 clinical trial of inhaled mRNA gene therapy in people with CFTR genotype not responsive to modulator therapy. Currently, recruiting for multiple ascending dose (MAD) cohort	• 18-65 years old • CFTR variant non-responsive to modulators	Lani
BEGIN-OB-19 A Prospective Study in Infants and Young Children (BEGIN)	Prospective longitudinal study to observe the effects of either ivacaftor (Kalydeco) or elexacaftor/tezacaftor/ivacaftor (Trikafta) on growth	• <6 years old • Eligible for modulators • Not currently on either med	Tina
GDC-6988 Genentech, Inc	Phase 1c, open label to evaluate the safety, tolerability and activity of inhaled GDC-6988 in patients with muco-obstructive disease	• 18+ years old • Diagnosed with CF	Jackie
NBSA Newborn Screening Accuracy Project	Study collecting blood samples from patients with rare CF mutations to ensure newborn screening tests are accurate in all ages	• Diagnosed with rare CFTR variant	Tina
REACH-OB-23 A REsearch Study to Advance the CF THerapeutics Pipeline for People without Modulators	Prospective, longitudinal, observational research study to obtain research quality (i.e., monitored research) CF outcome data	• 12+ years old • CFTR variant non-responsive to modulators	Lani
ReCode A Phase 1/2 Multiple Dose Escalation Study Evaluating the Safety and Tolerability of RCT2100	Phase 1/2 clinical trial of inhaled mRNA gene therapy in people with CFTR genotype not responsive to modulator therapy	• 18-65 years old • CFTR variant non-responsive to modulators	Lani
RESPIR-102 A Phase 1b/2a Study of Aerosolized RSP-1502	Phase 1b/2a clinical trial to evaluate the safety, tolerability, and efficacy of tobramycin plus CaEDTA in ascending doses administered via nebulizer	• 12+ years old • CF and P. *aeruginosa*$^{+}$	Lani
Ridgeline A Phase 3 evaluating the Safety and evaluation VNZ/TEZ/D-IVA	A Phase 3, Open-label Study Evaluating the Long term Safety and Efficacy of Vanzacaftor/Tezacaftor/Deutivacaftor Triple Combination Therapy in Cystic Fibrosis Subjects 2-11 Years of Age	• 2-11 years old • Diagnosed with CF	Tina
Timberline A Phase 3 evaluating the Safety and evaluation VNZ/TEZ/D-IVA	A Phase 3, Open-label Study Evaluating the Long term Safety and Efficacy of Vanzacaftor/Tezacaftor/Deutivacaftor Triple Combination Therapy in Cystic Fibrosis Subjects 2-5 Years of Age	• 2-5 years old • Diagnosed with CF	Tina

Cystic Fibrosis Center at Stanford

Pediatric providers at Lucile Packard Children's Hospital Stanford

Pediatric Center director: Carlos Milla, MD
Providers: Sumit Bhargava, MD; MyMy Buu, MD; David Cornfield, MD; Lori Lee, MD; Jacquelyn Spano, DNP, RN, CPNP; Cissy Si, MD
Clinic scheduling:........(650) 498-2655
Clinic and prescription refill fax:........ (650) 497-8791
Laura Banuelos Office Assistant/ Patient Services Coordinator:........(650) 498-2655
Nurse Coordinator—Wendy Chin, RN:........ (650) 736-1359
CF Clinic Nurse—Liz Beken, RN:........ (650) 736-1359
Respiratory Therapist—Samuil Kovalchuk, RT:........(650) 724-0206
Nutritionist, dietitian—
Julie Matel, MS, RD, CDE:........(650) 736-2128
Social Worker—Lizzy Nofziger, MSW:........(650) 512-4438
Newborn Screening Coordinator—
Jacquelyn Spano, DNP, RN, CPNP:........(650) 721-1132
Clinical Pharmacist—
Jake Brockmeyer, PharmD, BCPS:........(650) 505-9419
Clinical Psychologist—Diana Naranjo, PhD

For urgent issues:

Monday – Friday, 8 a.m. – 4 p.m.:
Call the CF nurse at .... (650) 736-1359
After hours and weekends: Call the main hospital and ask for the on-call pulmonary doctor........ (650) 497-8000

Pediatric providers at Emeryville

Eric Zee, MD; Manisha Newaskar, MD; Rachna Wadia, MD
CF Clinic scheduling:........(650) 724-8414
Clinic and prescription refill fax:........(510) 457-4236
Nurse coordinator—Anika Merryman, RN and
Natasha Pearson, RN: ....(650) 724-8414
Respiratory Therapists—Lorraine MacPhee, RT:........ (510) 587-9631
Carol Journey, RT: ....(925) 239-2907
Nutritionist, Dietitian—
Mikaela Burns, CRD, MPH: ....(510) 806-3659
Social Worker—Teresa Priestley, MSW:........(925) 357-0733

For urgent issues:

Monday – Friday, 8 a.m. – 4 p.m.
Call the CF nurse at ....(650) 724-8414
After hours and weekends: Call the main hospital and ask for the on-call pulmonary doctor........(844) 724-4140

Adult providers at Stanford

Adult Center director: Paul Mohabir, MD
Associate Center director: Alicia Mirza, MD
Pulmonologists (MDs): Laveena Chhatwani, MD; Alicia Mirza, MD; Paul Mohabir, MD
Director of Psychiatric and Psychological Services: Liza Sher, MD
Infectious Disease Consultant: Joanna Nelson, MD
Advanced Practice Providers: Meredith Wiltse, NP
Clinical Pharmacist: Denise Kwong, PharmD
Adult Clinic Scheduler/Patient Care Coordinator:
Patricia Morales .... (650) 723-0798
Adult CF Center Fax:........ (650) 723-3106
Nurse Coordinators: Theresa Kinney, RN and
Kristel Fallon, BSN, RN ....(650) 498-6840
Respiratory Therapy: Jenny Kwok, RCP IV;
Jennifer Mori, RRT........ (650) 736-8892
Registered Dietitian: Emily Yelenich, MS, RD........ (650) 529-5952
Social Worker: Debbie Menet, LCSW........ (650) 518-9976
Kate Yablonsky, LCSW........(650) 444-6512
Routine Issues/Concerns during Business hours

- **CF Nurse Coordinator Line:**........(650) 498-6840
- **Voicemail will be answered within 24-48 business hours, or sooner based on clinical priority.**
- **Alternatively, you can utilize MyHealth messaging for NON-URGENT NEEDS ONLY. MyHealth messages are NOT checked after hours or on the weekends.**

Urgent Issues/Concerns DURING Business Hours

Chest Clinic Call Center: ....(650) 725-7061

- **A message will be generated and sent to the CF Team ASAP**

Urgent Issues/concerns AFTER Business Hours:

- **Chest Clinic Call Center:**........(650) 725-7061
- **A message will be generated and sent to the covering CF provider ASAP.**
- **MyHealth messages are NOT checked after hours, weekends, or holidays.**

Adult providers at CPMC

Adult center director: Ryan Dougherty, MD
Associate center director: Vinayak Jha, MD
Providers: Christopher Brown, MD;
Carolyn C. Hruschka, ANP-BC
Adult clinic scheduling:........ (415) 923-3421
Adult CF Center fax: ....(415) 243-8666
Nurse Coordinator—
Carolyn C. Hruschka, ANP-BC:........ (415) 923-3421
Respiratory Therapy—Bryan Ellis, RCP;
Arthur Pundt, RC:........ (415) 600-3424
Registered Dietitian—Elena Zidaru, RD:........(415) 237-3671
Social Worker—Scott Plymale, LSW, PhD:........(415) 237-1252
Mental Health Coordinator—
Amy Greenberg, LSW:........(415) 923-3854

For urgent issues:

Monday – Friday, 9 a.m. – 5 p.m.
Call nurse coordinator .... (415) 923-3421
Evenings/weekends: Call and ask for the on-call pulmonary provider........ (415) 923-3421

Research

Tina Conti, BSRC, RRT-NPS, CCRC:........(650) 498-8701
Lani Demchak, MBA: .... (650) 725-1087
Monica Elazar, DDS: ....(650) 723-5193
Cathy Hernandez: .... (650) 724-3474
Jacquelyn Spano, DNP, CPNP-AC/PC, CCR:........(650) 721-1132

CF Center at Stanford
770 Welch Rd Ste 350
Palo Alto, CA 94304

Upcoming Events

Save the date for Summer Scamper!

Mark your calendar for Sunday, June 21! We look forward to seeing you at the 2026 Summer Scamper 5K Run/Walk, Kids' Fun Run, and Family Festival on the beautiful Stanford campus. When you support Summer Scamper, you bring care, comfort, and cures to children and families. Since 2011, more than 35,000 generous community members have Scampered to support the health and well-being of children and their families.

Your contributions have helped raise more than $7 million for children's health.

For more information, visit **www.summerscamper.org**

2026 NorCal Chapter Great Strides events

Spring walks

- Sacramento Great Strides: **May 2, 2026, at the CHP Academy, West Sacramento**
- San Francisco Great Strides: **May 3, 2024, at Little Marina Green Picnic Area**
- Walnut Creek Great Strides: **May 9, 2026, at Civic Park**

For other events: **https://www.cff.org/chapters/northern-california-chapter/events**

Newsletter Contact Information
Editor: Lani Demchak, MBA
Visit our website at http://cfcenter.stanford.edu for more information about our center and cystic fibrosis.
To subscribe to this newsletter, please contact Cathy Hernandez at (650) 724-3474 or cathyh1@stanford.edu.
Follow us on Facebook: Cystic Fibrosis Center at Stanford.

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