

The Silvia Mitova Invitational “Flipping to Find Cures”

Cystic Fibrosis



Ashley and Jacob are Taylor Arias’s (Level 7) younger brother and sister who suffer from Cystic Fibrosis.. Taylor is the oldest of her siblings. She has a little brother, Jacob who is 4 years old and a little sister, Ashley who is 11 years old. When Taylor is not at the gym she spends time helping her brother and sister fight Cystic Fibrosis. Both Taylor’s sister and brother were diagnosed as babies with Cystic Fibrosis. Taylor was no stranger to CF as she lost her aunt to this horrible disease in 2007, she was only 22 years old.

Cystic Fibrosis is a progressive, genetic disease that causes persistent lung infections and limits the ability to breathe over time.

In people with CF, a defective gene causes a thick, sticky buildup of mucus in the lungs, pancreas, and other organs. In the lungs, the mucus clogs the airways and traps bacteria leading to infections, extensive lung damage, and eventually, respiratory failure. In the pancreas, the mucus prevents the release of digestive enzymes that allow the body to break down food and absorb vital nutrients. The average life expectancy for someone with CF is 42 years old.



There are only 30,000 children and young adults living with CF in the United States. Therefore, it is considered an orphan disease. Which means it does not get government funding due to the low population. All of the research, medicine development and new therapies are funded by the CF foundation. The CF foundation is driven by CF families and volunteers who work hard to fundraise for a CURE.

We are so grateful to be at Silvia’s, as they have joined Taylor and our family to FUNDRAISE & FIGHT Cystic Fibrosis. Silvia’s is a gym that truly cares about their gymnasts and their families.

