



Broadcast Documentary – Online Digital Story Telling – International Call-To-Action

About The Stenzel Twins



Anabel Mariko Stenzel (“Ana”) and Isabel Yuriko Stenzel Byrnes (“Isa” – pronounced “ee-sah”) are identical twins who were born in Los Angeles in 1972 to Japanese and German immigrant parents. At three days old, Ana and Isa were diagnosed with Cystic Fibrosis (CF), a fatal genetic disease that impacts the lungs and pancreas; their doctor told their parents they would be lucky to live to reach 10 years of age.

For decades, Ana and Isa struggled to maintain their health with rigorous daily respiratory and digestive treatments. Working together, they survived and thrived into adulthood, graduated from Stanford University and the University of California, Berkeley, started careers as a genetic counselor (Ana) and social worker (Isa), and developed loving relationships.

In their mid-20s, however, the twins’ health began to decline precipitously. Every breath was difficult. Many of the activities they loved, including hiking and traveling, tried the limits of their stamina. Their passion and will to live remained but CF was relentless.

There is no cure for CF. But, in their darkest hour, when their ability to breathe was leaving them, Ana and Isa received the gift of new life and new breath in the form of double lung transplants in 2000 and 2004, respectively.

Because of the generosity of their organ donors James and Xavier, and their donors’ families, Ana and Isa have survived and are thriving with their new lungs. Their post-transplant activities have included running a half marathon, climbing a 10,000 foot mountain peak, swimming and running in the U.S. Transplant Games, traveling across three continents, and writing their memoir, [The Power of Two: A Twin Triumph Over Cystic Fibrosis](#), which the University of Missouri Press published in late 2007, and which was translated into Japanese and published by Iwanami Shoten Publishers in 2009 as [Mirakuru Tsuinz: Nanbyou wo norikoeta Futago no Kizuna](#).

www.ThePowerOfTwoMovie.com