Over time, living with IPF can become very difficult. No two cases of IPF are alike, and everyone’s experience is unique. Fortunately, people living with IPF today now have choices for treatment and symptom management.

What kinds of treatments are available?

There is no cure for IPF, but current treatments can slow the progression of IPF and effectively manage symptoms.

**IPF-specific prescription medications:** Medications exist that have been shown to slow the progression of fibrosis.

**Oxygen therapy:** This treatment increases the amount of oxygen your lungs receive and deliver to your blood.

**Non-medical treatments:** Pulmonary rehabilitation can improve your ability to exercise and improve health-related quality of life.

**Lung transplantation:** Replacing one or both lungs can be an important therapy for some. Early referral to a lung transplant center is critical.

Taking a proactive role in your health care is one of the best things you can do to make living with IPF more manageable. Ask your doctor about treatment options and managing your symptoms. Get the knowledge to take charge of your health.

**Remember: You are not alone.** To find a support group in your area or to learn more about IPF, please contact the Pulmonary Fibrosis Foundation.

know the ABCs of IPF

What is Idiopathic Pulmonary Fibrosis (IPF)?

Idiopathic pulmonary fibrosis (IPF) is a progressive disease that causes scarring in the lungs and makes it hard for oxygen to get into your blood.

You are not alone.

1 in 200 100,000 50,000

number of adults over 65 years of age affected in the United States

number of people living with IPF right now

number of new cases of IPF diagnosed each year

What are the symptoms?

shortness of breath while doing your daily activities

dry, hacking cough that comes with little or no phlegm

increased tiredness or fatigue

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