

ONE STEP CLOSER

TO A WORLD WITHOUT PULMONARY FIBROSIS

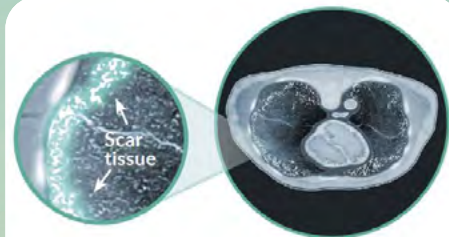


Thank you for joining us for the fifth annual PFF Walk! Click on the tiles below to access downloadable PFF educational resources and information from our sponsors.

Note: Please be sure to connect to the Internet to access these resources, as all tiles will open in a web browser.



Lungs & You



What You Should Know
About Chronic ILDS With
Worsening Fibrosis



Our Real IPF Stories

YOUR DOCTOR IS YOUR PARTNER
LEARN HOW TO HAVE MORE PRODUCTIVE
APPOINTMENTS TOGETHER

Finding out you have idiopathic pulmonary fibrosis (IPF) can be overwhelming, but you're already off to a great start. You've chosen a doctor who can help you make an IPF management plan that fits your needs and lifestyle.

At your next appointment, you can use this guide to help you stay informed about IPF and your IPF management plan. The tips and questions below are designed to help you and your doctor have more productive appointments together.

IPF Doctor
Discussion Guide



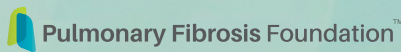
We Are Here
For Hope











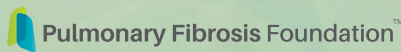
PFF
Help Center™
 Pulmonary Fibrosis Foundation™

PFF Help Center



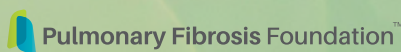
PREVALENCE	CASES	DIAGNOSIS
 250,000+ people are living with PF and ILD in the U.S.	 60,000 new cases of PF and ILD are diagnosed annually.	 1 in 200 over the age of 70 are diagnosed with PF.
SYMPTOMS	CAUSES	TREATMENTS
 <ul style="list-style-type: none"> • Shortness of breath • Dry, hacking cough • Fatigue and weakness • Discomfort in chest 	 <ul style="list-style-type: none"> • Airborne contaminants • Radiation treatments • Some medications • Genetics • Autoimmune diseases 	 <ul style="list-style-type: none"> • Supplemental oxygen • Pulmonary rehab • Medications • Lung transplantation

Pulmonary Fibrosis Quick Facts



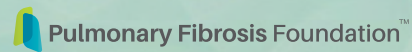
pulmonary fibrosis information guide

Pulmonary Fibrosis Information Guide



Pinpoint PF

Pinpoint Pulmonary Fibrosis Symptoms and Risk Factors



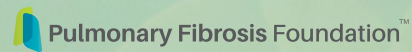
About Pulmonary Fibrosis

What is pulmonary fibrosis? Pulmonary fibrosis (PF) means scarring in the lungs. Over time, the scar tissue can destroy the normal lung and make it hard for oxygen to pass through the walls of the air sacs into the bloodstream. PF is not just one disease—it is a group of more than 200 different lung diseases that all look very much alike.

What causes pulmonary fibrosis? Some known causes of PF include autoimmune diseases, such as rheumatoid arthritis and scleroderma, environmental exposures, such as some molds or birds, and certain medications. Radiation for cancer treatments can also sometimes cause PF. However, many times PF is “idiopathic,” meaning the cause is unknown.

What are common symptoms of pulmonary fibrosis? The most common symptoms of PF are a dry, persistent cough and unusual (increased for you) breathlessness with activity. Many people with PF also experience fatigue or feel constantly worn out.

Friends & Family Cards




advocacy

collaboration

About the PFF Brochure

