

# What is pulmonary fibrosis?

**Pulmonary fibrosis (PF)** is a family of more than 200 different lung diseases that all look very much alike. The PF family of lung diseases falls into an even larger group of diseases called “interstitial lung diseases.” The word “pulmonary” means “lung” and “fibrosis” means scar tissue – so in its simplest sense, pulmonary fibrosis means scarring in the lungs.

Pulmonary fibrosis is a progressive disease, which means it tends to worsen over time. However, every individual diagnosed with pulmonary fibrosis has a unique experience with the disease and there is no “standard” or expected clinical course.

**With no known cure**, certain forms of PF, such as idiopathic pulmonary fibrosis, (IPF), may take the lives of patients within three to five years from diagnosis. The good news for people living with PF is that there are treatments designed to specifically manage the symptoms of the disease and researchers are studying new ways to halt its progression.

## DIAGNOSIS



**1 in 200**

over the age of 70  
are diagnosed with IPF

## CASES



**50,000**

new cases of IPF are  
diagnosed annually

## PREVALENCE



**200,000+**

people are living  
with IPF in the U.S.

## SYMPTOMS



- Shortness of breath
- Dry, hacking cough
- Fatigue and weakness
- Discomfort in chest

## CAUSES



- Airborne contaminants
- Radiation treatments
- Some medications
- Genetics

## TREATMENTS



- Supplemental oxygen
- Pulmonary rehab
- Lung transplantation
- Medications

The **Pulmonary Fibrosis Foundation** mobilizes people and resources to provide access to high quality care and leads research for a cure so people with pulmonary fibrosis will live longer, healthier lives. For more information, visit [pulmonaryfibrosis.org](http://pulmonaryfibrosis.org) or call **844.TalkPFF**.