

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 or call **844.TalkPFF**.