IDIOPATHIC PULMONARY FIBROSIS

Idiopathic Pulmonary Fibrosis (IPF) is a debilitating and life-limiting disease that causes irreversible scarring in your lungs. The scarring continues to worsen over time, making it more difficult to breathe.

The conservative estimate of people being diagnosed with IPF each year is approximately

1,250

POSSIBLE RISK FACTORS

The risk of IPF increases with age and is uncommon below the age of 50, with men more commonly affected than women. Although the cause of IPF is unknown (which is why the term 'idiopathic' is used), there are a number of risk factors that may be associated with this condition including:

Tobacco smoking

Genetics

Occupational exposure

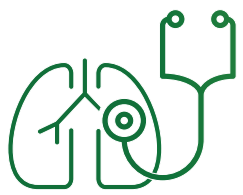
SIGNS & SYMPTOMS

Shortness of breath

A dry cough that doesn't go away

Feeling very tired

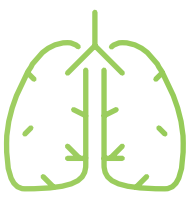
Clubbing of fingernails and toenails



Crackles on chest examination

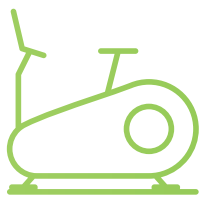
TREATMENT

IPF is different for everyone and therefore treatment and management for people with IPF is unique based on their individual situation and medical history.



Anti-scarring medicine to slow down the disease

Lung transplantation



Pulmonary rehabilitation

Oxygen therapy

SUPPORT

- **Lung Foundation Australia's Pulmonary Fibrosis Peer Connect Service**
- **Contact your health professional**
- **Lung Foundation Australia resources.**

IF YOU EXPERIENCE ANY SYMPTOMS SPEAK TO YOUR DOCTOR.

FIND OUT MORE

lungfoundation.com.au or phone 1800 654 301.

Lung Foundation Australia

when you can't breathe... nothing else matters®