

# IDIOPATHIC PULMONARY FIBROSIS

## Resources for managing your health

**Idiopathic Pulmonary Fibrosis (IPF) describes a condition in which there is no known cause (idiopathic) for the development of thickened, stiff and scarred lung tissue (pulmonary fibrosis).**

The most common symptom of IPF is shortness of breath, also known as dyspnea, which many patients describe as a feeling of breathlessness.

**Other common symptoms include:**

- Chronic dry, hacking cough
- Fatigue and weakness
- Discomfort in the chest
- Loss of appetite

Many people think there are no treatments for IPF. In the past, this may have been true, but doctors do have a number of ways to treat IPF.

It is important for you to understand IPF so you can ask your doctor questions based on your individual symptoms. The other side of this card will help you talk with your doctor about tests, resources, and information that may be right for you.



For more information or questions please call the National Jewish Health nursing line at (303) 398-1355 and select option 4.



Science Transforming Life®  
[njhealth.org](http://njhealth.org)

*Information adapted from the  
Pulmonary Fibrosis Foundation  
Patient Information Guide*

[www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org)

## We are here to help. The following are important for you to consider for your health:

- Pulmonary Rehabilitation
- Pulmonary Function Test (PFT) / Spirometry
- Six-Minute Walk Test (6MWT)
- Walk Oximetry
- Nocturnal Oximetry
- Vaccinations
  - Pneumonia (PREVNAR 13®)  Flu  Shingles  Tdap
  - Pneumonia (PNEUMOVAX 23®)
- Medication Management
- GERD/Reflux Management
- Weight Management
  - Nutrition Consultation  Written Resources
- Patient Education Classes
- IPF Support Groups
- QuitLogix®

### WHAT SHOULD I DO NEXT?

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Clinic visit date: \_\_\_\_\_

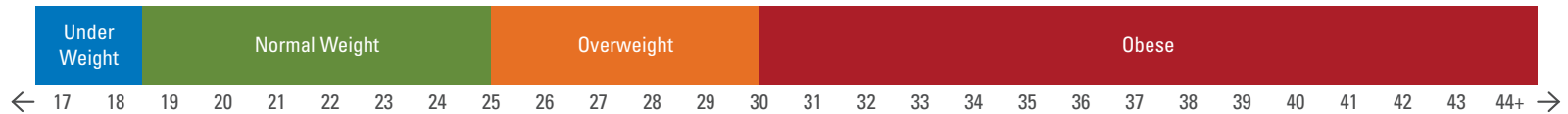
Follow-up appointment: \_\_\_\_\_

Visit [njhealth.org](http://njhealth.org) to  
access your Patient  
Portal account



My **weight** today is \_\_\_\_\_ My **BMI** today is \_\_\_\_\_

Body mass index (or BMI) is a measure which shows whether people have a healthy weight for their height. Ask your doctor about what this means for you.



My **goal** is \_\_\_\_\_

**For Clinic Use: Add Alert "IPF Bundle"**