

What is pulmonary fibrosis?

There are more than 200 types of **interstitial lung diseases (ILD)**, which are characterized by varied amounts of inflammation, scarring, or both, that damage the ability of the lung to absorb oxygen from the air. **Pulmonary fibrosis (PF)**, means scarring of the lung, and can be seen in many types of ILD. More than 250,000 Americans are living with PF and ILD. Difficult to diagnose, PF and ILD can be debilitating and, in some cases, incurable. Causes of PF and ILD include the use of certain medications, radiation to the chest, autoimmune diseases, environmental, and occupational exposures. Idiopathic pulmonary fibrosis, which has no known cause, is one of the most common forms of PF. The prevalence of PF and ILD is on the rise with more than 50,000 new cases diagnosed annually.

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.

PREVALENCE



250,000+
people are living
with PF and ILD in
the U.S.

CASES



50,000
new cases of PF and ILD
are diagnosed annually

DIAGNOSIS



1 in 200
over the age of 70
are diagnosed with IPF

SYMPTOMS



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

CAUSES



- Airborne contaminants
- Radiation treatments
- Some medications
- Genetics
- Autoimmune diseases

TREATMENTS



- Supplemental oxygen
- Pulmonary rehab
- Medications
- Lung transplantation

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**.