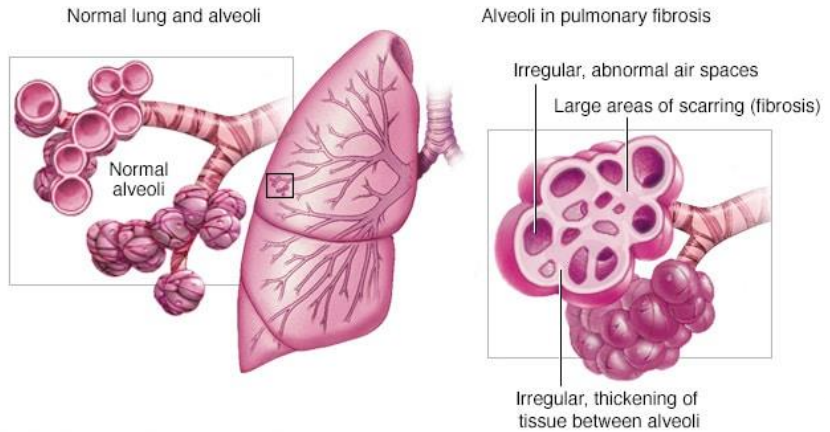


Pulmonary Fibrosis

What is Pulmonary Fibrosis?

Pulmonary fibrosis is a lung disease that occurs when lung tissue becomes damaged and scarred. This thickened, stiff tissue makes it more difficult for your lungs to work properly. As pulmonary fibrosis worsens, you become progressively more short of breath.

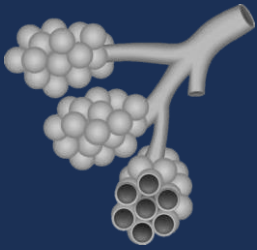


Pulmonary fibrosis scars and thickens the tissue around and between the air sacs (alveoli) in your lungs. This makes it more difficult for oxygen to pass into your bloodstream.

Diagnosis

To diagnose your condition, your doctor may review your medical and family history, discuss your signs and symptoms, review any exposure you've had to dusts, gases and chemicals, and conduct a physical exam. They may also suggest one or more of the following tests:

- ❖ **Imaging Tests:** Chest X-ray, Computerized Tomography (CT), Echocardiogram
- ❖ **Lung Function Tests:** Pulmonary Function Test (PFT), Pulse Oximetry, Exercise Stress Test, Arterial Blood Gas Test
- ❖ **Tissue Sample (Biopsy):** Bronchoscopy, Surgical biopsy
- ❖ **Blood Tests**



Treatment

Treatment

What are the risk factors?

Age: More likely to affect middle-aged and older adults.

Smoking: Far more smokers and former smokers develop pulmonary fibrosis than do people who have never smoked.

Certain Occupations: If you work in mining, farming, or construction or if you're exposed to pollutants known to damage your lungs.

Cancer treatments: Having radiation treatments to your chest or using certain chemotherapy drugs.

Genetic factors: Some types of pulmonary fibrosis run in families, and genetic factors may be a component.

The lung scarring that occurs in pulmonary fibrosis can't be reversed, and no current treatment has proved effective in stopping progression of the disease. Some treatments may improve symptoms temporarily or slow the disease's progression. Others may help improve quality of life. Some forms of treatment include:

- ❖ Medications
- ❖ Oxygen therapy
- ❖ Pulmonary rehabilitation
- ❖ Lung transplant

Lifestyle Changes

Stop Smoking: If you have lung disease, it's very important to stop smoking. Talk to your doctor about options for quitting, including smoking cessation programs, which use a variety of proven techniques to help people quit.

Eat Well: Try to eat smaller meals more often during the day. Aim to eat a variety of fruits and vegetables, whole grains, low-fat or fat-free dairy products, and lean meats.

Exercise: Regular exercise can help you maintain your lung function and manage your stress.

Rest: Taking time to rest can help you have more energy and cope with the stress of your condition.

Get Vaccinated: Respiratory infections can worsen symptoms of pulmonary fibrosis. Make sure you receive the pneumonia vaccine and an annual flu shot.