DON'T DELAY WHEN IT COMES TO TREATING YOUR IPF: THREE REASONS WHY

When it comes to managing your IPF, timing matters.

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SUPPORTING PATIENTS WITH IDIOPATHIC PULMONARY FIBROSIS

1 Delay in Diagnosis

By the time IPF symptoms appear, the lungs have already been permanently damaged.[i] In fact, a recent survey conducted by the Canadian Pulmonary Fibrosis Foundation (CPFF) shows that it takes an average of two years from the onset of symptoms for a patient to be diagnosed.[ii] Therefore, taking early action is crucial.

The earlier treatments are used, the greater the possible impact they can have on the disease.[iii] Because treatments help reduce the scarring in the lungs, that may help slow the disease and preserve lung function, it is possible to improve life expectancy.[iv]

2 Symptom management

As the disease progresses, symptoms such as cough and breathlessness may become worse, making it more difficult to perform even simple, everyday tasks.[i,v] Some people with IPF may also experience exacerbations, like sudden flare-ups, or worsening of their symptoms. These flare-ups can be extremely serious, may require hospitalization and can even be fatal.[vi]

Your doctor may recommend treatments to help you manage your symptoms, including oral corticosteroids and oxygen.[vi]

3 Stay active longer

Early diagnosis and treatment helps reduce the scarring in the lungs, which may help slow down the disease, and may allow you to stay active longer with IPF.[vi] Being able to do the things you enjoy – whether that's walking, golfing, gardening, or playing with your grandchildren – is vital for your quality of life as well as your mental and emotional health.[vii]

Preserving your lung function, which may include medications as well as pulmonary rehabilitation, needs to start early and it is important to maintain your activity levels for as long as possible.[vi]

Don't delay treatment. **Take action now** against your IPF.

Take a look at our personalized guide to help you think about your lifestyle and treatment goals, as well as key questions to ask your doctor about the right IPF management plan for you. It's important to protect your lung function for as long as possible.

[i] Canadian Pulmonary Fibrosis Foundation. Idiopathic Pulmonary Fibrosis Patient Information Guide. What Are The Symptoms? Accessed May 9, 2017. Available at: http://cpff.ca/wp-content/uploads/2015/05/IPF_Guide_2012_Final_V1.1_2015MAY01.pdf.

[ii] Canadian Pulmonary Fibrosis Foundation. Breathless for Change, Living with Pulmonary Fibrosis in Canada Survey. 2020. On file.

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[iv] Maher T and Strek M. Antifibrotic Therapy for Idiopathic Pulmonary Fibrosis: Time to Treat. Respiratory Research. (2019) 20: 205. Available at: https://respiratory-research.biomedcentral.com/articles/10.1186/s12931-019-1161-4. Accessed on August 20, 2020.

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[vi] Caminati A, Cassandro R, Torre O, Harari S.. Severe idiopathic pulmonary fibrosis: what can be done? European Respiratory Review 2017145 (26). Available at: https://err.ersjournals.com/content/26/145/170047. Accessed on August 20, 2020.

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