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LUNGS & YOU / ONLINE ARTICLE
BOHEHRINGER INGELHEIM

[H] CARPE DIEM

Take Charge and Live Better

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Diagnosing IPF can be frustrating, but if you understand what you can do to manage the process—it can make all the difference. Oftentimes, patients may need to enlist the help of practitioners from a variety of specialties, including pulmonologists, radiologists, rheumatologists, and pathologists in order to diagnose and treat IPF. If you know what to look for, what to expect, and what questions to ask—you'll be ahead of the game.

What it really takes to diagnose IPF^{1,2}

Often, diagnosing IPF requires a physical examination, a review of your medical history, and a variety of tests.

- o **Medical History:** Your doctor will want to know any comorbidities, medical procedures, prescribed medications, potential environmental exposure, and family medical history.
- o **Tests:** A number of different tests may be performed to rule out other diseases and help diagnose IPF, including: blood tests, pulmonary function tests, chest x-rays, CT scan, lung biopsy, and a bronchoscopy.

[Read more about these tests](https://www.lungsandyou.com/ipf/what_is_ipf/diagnosing) <Hyper Link: https://www.lungsandyou.com/ipf/what_is_ipf/diagnosing>

What it really takes to manage your IPF³

Once you've been diagnosed with IPF, you'll want to read up on the therapeutic strategies available to you, start monitoring and recording your symptoms, and prepare questions for your doctor. This will allow you and your medical team to better design the right program for you, and to determine how well you're responding to treatment.

Talk with your doctor about how frequently you should be examined, and what you can do to best manage your symptoms.

¹ <http://www.coalitionforpf.org/frequently-asked-questions-about-ipf/#Question10>

² https://www.lungsandyou.com/ipf/what_is_ipf/diagnosing

³ http://www.lifewithipf.com/life-with-ipf/newly_diagnosed_withipf.html

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Talk with your doctor about how frequently you should be examined, and what you can do to best manage your symptoms.

[Watch: How Can I Adapt My Lifestyle If I'm Living With IPF](#)

<Hyper Link: <http://www.lifewithipf.com/life-with-ipf/maintaining-your-overall-health.html>>

[H] YOU'VE GOT OPTIONS⁴

Slowing Down Your IPF Symptoms is Possible ^{5,6}

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The good news is —there are several therapeutic strategies available that can help you manage your disease,⁷ minimize your symptoms, and even slow down the progression of your IPF symptoms, allowing you to prolong your ability to participate in daily activities.

Because everyone's medical history is different, and patients with IPF might suffer from other medical conditions that also require individualized medical attention, your doctor's approach to managing your symptoms will be designed to meet your unique needs. Treatment plans could include:

Medications⁸

Ask your doctor if an FDA-approved drug may be right for the treatment of your IPF. These drugs are anti-fibrotic, which means they can help to reduce the building of new scarring and reduce more stiffening of the lungs, and thereby stabilize or slow the decline of lung function in patients with IPF.

Some patients may also be good candidates for clinical trials or lung transplantation.

Non-Pharmacological Options⁹

Pulmonary rehabilitation, oxygen therapy, and disciplined nutrition and lifestyle changes might be part of your daily prescribed [Disease Treatment Plan](#).

<Link to Website: Disease Treatment Plan>

⁴ https://www.lungsandyou.com/ipf/managing_symptoms

⁵ <http://www.lifewithipf.com/ipf-treatment.html>

⁶ http://www.lifewithipf.com/life-with-ipf/living_with_ipf.html

⁷ <http://www.coalitionforpf.org/what-you-can-do/>

⁸ <http://www.lifewithipf.com/ipf-treatment/medications.html>

⁹ <http://www.lifewithipf.com/ipf-treatment/non-pharmacologicaltherapies.html>

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[H] FOUR THINGS YOU CAN DO TO MAKE A DIFFERENCE

There are things you can do to help manage your IPF symptoms.

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#1. Get Informed and Stay Informed

Research, reach out, and connect with experts and online resources. The more informed patients with IPF are—the better they are able to manage the many physical, emotional and spiritual challenges they and their loved one’s experience throughout their IPF journey.^{10, 11}

#2. Monitor and Track your Symptoms^{12, 13}

Keeping in tune with your body daily can help to lower your risk of complications and increase the success of your IPF treatment. You will want to record changes in a whole host of conditions, including: coughing, aches and pains, and your mood, along with any symptoms or side effects you might experience in relation to things like exercise, supplemental oxygen and medication.

[CTA]

[Track your symptoms every day. Download our Symptom Tracker to get started <Link to Symptom Tracker>](#)

#3. Know What to Ask Your Doctor

Help your doctor better manage your IPF. Be prepared to drive meaningful discussions by preparing questions in advance.

Conversation Starters: 6 questions to Ask Your Doctor

1. Which diagnostic tests do you recommend?
2. What course of treatment is right for me?
3. Am I a candidate for supplemental oxygen?
4. Am I a candidate for lung surgery?
5. Is a clinical trial right for me?
6. How often should I have follow-up exams and tests?

¹⁰http://us.boehringerelheim.com/news_events/press_releases/press_release_archive/2015/2-12-2015-new-survey-uncovers-emotional-physical-impact-idiopathic-pulmonary-fibrosis-fatal-lung-disease.html

¹¹https://www.lungsandyou.com/ipf/what_is_ipf/explore_ipf

¹²http://www.lifewithipf.com/about_ipf/what-is-IPF.html

¹³http://ipftoday.com/symptoms_and_diagnosis

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#4. Follow Your Doctor's Plan

What you do, can make a real difference, so stick with your plan. Your doctor will work with you to customize the best course of action for you. You may have a [Disease Treatment Plan](#) <link to article> and a [Daily Action Plan](#) <link to PDF> to help optimize your ability to continue to perform the daily activities you enjoy, for as long as possible.

[CTA]

Learn what you can do to create your own [Daily Roadmap](#) <Link to website/Daily Roadmap page>

[FOOTER CTA]

Receive alerts when new IPF information is added [SIGN UP] <links to <https://www.lungsandyou.com/signup/>>

RELATED INFORMATION

IPF Diagnostic tests < Link to https://www.lungsandyou.com/ipf/what_is_ipf/diagnosing/tests:>

Therapeutic/Disease Management < Link to

https://www.lungsandyou.com/ipf/managing_symptoms_archive>

Daily Roadmap < Link to website page/article #2>

HELPFUL LINKS

[Learn more about prescription IPF treatment](#) <link to: <https://www.ofev.com/about-ofev>>