OPTIONS FOR MANAGING THE SYMPTOMS OF IPF

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There are things you can do to help manage idiopathic pulmonary fibrosis (IPF) symptoms and try to sustain your ability to perform daily activities for as long as possible.

53% of patients and 55% of caregivers believe a better understanding of managing IPF symptoms can help improve overall well-being

The approaches used to manage the symptoms of IPF are designed to meet each patient’s unique needs. Every person’s medical history is different. In addition, people with IPF frequently suffer from other medical conditions. These other conditions may have an impact on the course of IPF. (See "Managing other conditions" below.)

It's also important to remember that each patient experiences IPF differently, and the clinical course of this life threatening illness varies accordingly. Working together, you and your doctor can develop a plan to
help you manage your symptoms in an effort to sustain your ability to participate in daily activities for as long as possible. Common approaches to managing IPF symptoms are listed below.

### Summary of Options for Managing IPF Symptoms

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Pulmonary Rehabilitation</strong></td>
<td>Includes a range of conditioning and breathing exercises. The goal is to help patients function to the best of their ability.</td>
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<tr>
<td><strong>Oxygen Therapy</strong></td>
<td>Recommended for patients who have low oxygen levels. May help reduce breathlessness, enabling the patient to take part in pulmonary rehab exercises.</td>
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<tr>
<td><strong>Lung Transplant</strong></td>
<td>May improve both life expectancy and ability to participate in daily activities. Reserved for patients who have no other significant health problems, such as cancer; heart, liver, or kidney disease; or chronic infection, among others.</td>
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Managing Other Conditions
As mentioned above, it is common for people with IPF to also have other medical conditions (called “comorbidities”). These may include obesity, diabetes, pulmonary hypertension, obstructive sleep apnea, coronary artery disease, and emphysema.

These conditions will often require their own treatments and medicines. They may even have an impact on the course of IPF. Remember to always take your medicines as prescribed by your doctor.

If you have any questions about other health conditions you have, or the medicines you are taking for them, be sure to talk to your doctor.

Call Lungs&You® to get personalized support and questions answered.