

CREATING YOUR DAILY ROADMAP

Creating Your Daily Roadmap

If you've been diagnosed with idiopathic pulmonary fibrosis (IPF), then you're sure to have a lot of questions. People with IPF can experience a variety of physical and emotional challenges throughout the day, ranging from fatigue to powerful emotions and frustration. Understanding how IPF affects you as an individual will help you to better manage your symptoms and anticipate what lies ahead. The good news? People with IPF can play a big role in managing their IPF symptoms.

Customizing a Plan That Works For You

Because IPF disease affects each person differently and progresses at different rates, prescribed treatment plans are tailored to meet each person's individual needs.



Create a personal action plan and set daily goals

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Getting Involved in Your Own Treatment Makes a Difference

You are the biggest factor in managing your IPF treatment. As with all diseases, it is important to live a healthy lifestyle. Activities such as physical conditioning, breathing exercises, nutritional counseling, and anxiety, stress, and depression management may all be a part of your personal disease treatment plan your doctor may create for you.

There Are a Number of Things You Can Do to Help Manage Your IPF Symptoms:



Quit Smoking

If you're still smoking, the most important thing you can do is to seek help and stop smoking as soon as possible. Remember, additional potential benefits to quitting include: increased oxygen levels in your blood, lowered blood pressure, and improved circulation.



Eat Well

A healthy diet plays an essential role in your overall physical and mental health. A diet rich in nutrients and low in saturated fat, trans fat, cholesterol, salt, and added sugar, along with a healthy balance of fruits, vegetables, whole grains, lean meats, poultry, fish, beans, and fat-free or low-fat dairy products, will help you get the fuel you need throughout the day. Remember, eating several smaller meals (rather than a few large meals) may prevent feeling too full, which can make it hard to breathe.



Exercise

A lack of exercise can work against people who have IPF, as inactivity weakens the muscles, making even the simplest

activities more difficult. Developing an active lifestyle is often key in decreasing 'air hunger' and strengthening the muscles to make them more resistant to fatigue. Regular exercise can help you develop the energy you need to accomplish daily tasks with less shortness of breath, and also help you to ease feelings of anxiety and depression.



Oxygen Therapy

Supplemental oxygen can make a substantial difference in a person's ability to manage many of the lifestyle-altering effects that can accompany IPF. Oxygen therapy may provide the additional oxygen the body needs to help people with IPF maintain an active lifestyle, and can also decrease shortness of breath and the additional strain on the heart due to low oxygen saturation levels.



Get Rest

Getting at least eight hours of sleep every night can boost your overall sense of well-being. Rest can also help you deal with the stress of living with IPF.



Connect with Others

Whether it's friends and family or support and advocacy groups, staying connected to others who can provide good company and a



Manage Emotions

positive outlet for what you're going through can make a powerful difference in adding meaning to your life and helping you cope with living with IPF.

Psychological and spiritual support is often an important factor in keeping a positive outlook, reducing fears, and enhancing the daily lives of people with IPF. Keeping a positive attitude and staying relaxed may conserve valuable oxygen by avoiding its excessive use that can come with tension.



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Make the Most Out of Life

- Take an active role in managing your own treatment.

- Make key lifestyle changes.
- Stay connected to friends and family.
- Stay active to stay strong and reduce stress.
- Stay informed and join support groups.

Creating a Personal Action Plan

The bigger the role you play in your treatment, the better. In addition to the Disease Treatment Plan your doctor creates for you, together you can also create a [Personal Action Plan](#). This daily plan can make a big difference in helping you manage your day and help you feel better.

Most importantly, remember to focus on your life, not your condition. Prioritize the people and things in your life that bring you joy.

Learn what you can do to help manage your IPF today.