

# Personalized Doctor Discussion Guide

When it comes to diagnosing IPF and other respiratory conditions, it's important that your doctor understands your symptoms, possible risk factors, and medical history. The more information you can provide your doctor, the better prepared he or she will be to make an accurate diagnosis. We'll help you share this information with your doctor by creating a personalized Doctor Discussion Guide. All you need to do is:

- **Step 1:** Answer the questions below to pinpoint your symptoms, possible risk factors, and medical history.
- **Step 2:** Print or e-mail a copy of your completed guide and bring it to your next appointment to help start a conversation with your doctor.

Question

Please answer questions: 2, 3, 4 and 5

Please answer question(s):

**What symptoms are you experiencing?** *Select all that apply.*



Shortness of breath with or without activity that worsens over time



Dry, hacking cough that lasts a long time



Wet cough that produces mucus



Fatigue or generally not feeling well



Unexplained weight loss



Chest pain or tightness



Difficulty breathing during sleep (sleep apnea)



Clubbing (or widening) of the fingertips



Chronic heartburn/acid reflux (GERD)



None



Other

[Next](#)

**Have you been treated for any of the following conditions (with treatments like inhalers, antibiotics, etc.) but have been unable to find**

## relief from your symptoms?

*Select all that apply.*

Lung cancer

COPD

Emphysema

Asthma

Pneumonia

Bronchitis

Restrictive lung disease

Congestive heart failure

Collapsed lung

Acid reflux (GERD)

Rheumatoid arthritis (RA)

Non-RA autoimmune connective tissue disorder

None

Other

[Back](#)[Next](#)

**Do you currently smoke or have you smoked in the past?**



Yes



No

[BackNext](#)

**Have you been regularly exposed to any of the following?**

*Select all that apply.*

Silica dust

Asbestos fibers

Grain dust

Bird feather (down) pillows and blankets

None

Not sure

Other

[BackNext](#)

**Have any of your family members been diagnosed with a respiratory disease?**



Yes



No



Not sure



**Have any of your family members been diagnosed with:**

*Select all that apply.*

Asthma

COPD/Emphysema

Lung cancer

Pulmonary fibrosis

IPF

None

Not sure

Other

[BackGet Your Guide](#)



[Edit Answers](#)

**My Guide**



[Edit Answers](#)

[E-mail](#)



[Download](#)



Below is a record of your symptoms, risk factors, and medical history based on your answers to a few questions. We've also included a list of questions that you may want to ask your doctor. Be sure to print or e-mail this guide and bring it to your next appointment. That way, you'll have the information you need to begin a more meaningful conversation with your doctor.

## My Summary

Response 1

I experience the following symptoms:

Shortness of breath with or without activity that worsens over time  
Dry, hacking cough that lasts a long time  
Wet cough that produces mucus  
Fatigue or generally not feeling well  
Unexplained weight loss

Chest pain or tightness  
Difficulty breathing during sleep (sleep apnea)  
Clubbing (or widening) of the fingertips  
Chronic heartburn/acid reflux (GERD)  
None  
Other

## Response 2

I have been treated for the following conditions (with treatments like inhalers, antibiotics, etc.) but have been unable to find relief from my symptoms:

Lung cancer  
COPD  
Emphysema  
Asthma  
Pneumonia  
Bronchitis  
Restrictive lung disease  
  
Congestive heart failure  
Collapsed lung  
Acid reflux (GERD)  
Rheumatoid arthritis (RA)

Non-RA autoimmune connective tissue disorder

None

Other

Response 3

I currently smoke or have smoked in the past:

Yes

No

Response 4

I have been regularly exposed to pollutants, such as:

Silica dust

Asbestos fibers  
Grain dust  
Bird feather (down) pillows and blankets

None  
Not sure  
Other

## Response 5

I have family members who have been diagnosed with a respiratory disease:

Yes Not sure

No

I have family members who have been diagnosed with:

Asthma  
COPD/Emphysema  
Lung cancer

Pulmonary fibrosis

IPF

None

Not sure

Other

## Questions for My Doctor

Below is a list of questions that you should be sure to ask your doctor. Please note that this list is not exhaustive. There are other possible questions that you may want to ask your doctor.

### Question 1

I've been experiencing symptoms for some time now and haven't found relief from any treatments we've tried. Do you think I could be suffering from a condition that I haven't been treated for?

### Question 2

When you listen to my lungs, do you hear a Velcro-like crackle? What does

that mean? If not, what sounds—if any—do you hear?

### Question 3

Are there other tests we can do to help determine the cause of my symptoms?

### Question 4

Will I need to see a specialist? If so, can you refer me?

## Get a Copy

---

Don't forget to print or e-mail your guide and take it to your next appointment.

[E-mail](#)

[Download](#)

Need help locating a pulmonologist near you?

[Find a Specialist](#)

---