Being breathless doesn’t always mean it’s asthma or COPD

Idiopathic pulmonary fibrosis (IPF) is a difficult disease to identify. About 50% of IPF cases are misdiagnosed.

A.C.T. NOW

Assess your symptoms
Consult your doctor
Take an active approach

Ask your doctor if what you’re feeling could be IPF.
Obstructive pulmonary diseases (like COPD)

Narrowing of the airways, making it difficult to exhale. The airways are blocked and slow the air flow.

What is it?
Permanent scars form in the lungs. The lungs become damaged and cannot fully expand.

What does it affect?
Lung tissue between air sacs and small blood vessels.

How does it affect the lungs?
Abnormal scarring in the space between air sacs and capillaries.

What are some of the symptoms?
- Stubborn productive cough
- Wheezing
- Shortness of breath
- Frequent respiratory infections

How is it diagnosed?
Spirometry test, high-resolution CT scan, and the sound of your breathing (Velcro crackling) when your doctor listens to your chest.

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How does it affect the lungs?
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What are some of the symptoms?
- Stubborn dry cough
- Shortness of breath with everyday activities
- Fatigue/weakness
- Loss of appetite
- Unexplained weight loss

How is it diagnosed?
Spirometry test, high-resolution CT scan, and the sound of your breathing (Velcro crackling) when your doctor listens to your chest.

Ask your doctor if what you’re feeling could be IPF.

CT=computed tomography; FEV₁=forced expiratory volume in 1 second; FVC=forced vital capacity.
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