WHAT IT TAKES TO DIAGNOSE IPF

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

**TELL YOUR DOCTOR ABOUT ANY OTHER CONDITIONS, INCLUDING:**
- Past or scheduled procedures
- Prescribed medications
- Potential environmental exposure
- Family medical history

TO RULE OUT OTHER DISEASES, A NUMBER OF TESTS WILL BE PERFORMED, SUCH AS:
- Blood tests
- Pulmonary function tests
- Chest x-rays (radiographs)
- CT scan
- Lung biopsy
- Bronchoscopy (examination of the airway with a bronchoscope)

HOW TO MANAGE YOUR IPF

Once you’ve been diagnosed with IPF, you’ll want to read up on the therapeutic strategies available, 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.

TREATMENT PLANS

Each IPF patient has unique needs depending on his or her medical history and other existing conditions. Your doctor’s approach to managing your symptoms will be designed to meet your specific needs. Treatment plans may include:

**LIFESTYLE AND THERAPEUTIC OPTIONS**
- Pulmonary rehabilitation
- Oxygen therapy
- Disciplined nutrition

**MEDICAL AND SURGICAL OPTIONS**

There are FDA-approved drugs for the treatment of IPF that may be right for you. Some patients may also be candidates for clinical trials.

- Lung transplantation may also be an option for certain patients

Ask your doctor how frequently you should be examined—and what you can do to help manage your symptoms.
1. GET INFORMED AND STAY INFORMED
Research, read, and connect with experts and online resources. The more informed you are about your IPF, the better you’re able to manage the many physical and emotional challenges you and your loved ones experience throughout the IPF journey.

2. MONITOR AND TRACK YOUR CONDITION
Keeping in tune with your body on a daily basis 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 areas, including:
• Coughing
• Aches and pains
• Mood
• Exercise-induced side effects
• Supplemental oxygen
• Medication

3. KNOW WHAT TO ASK YOUR DOCTOR
Start a more meaningful conversation with your doctor by coming prepared with questions about IPF. Here are some conversation starters:
• What does IPF do to my lungs?
• Which diagnostic tests do you recommend?
• What course of treatment is right for me?
• Am I a candidate for supplemental oxygen?
• Is a clinical trial right for me?
• How often should I have follow-up exams and tests?

4. FOLLOW YOUR DOCTOR’S PLAN
You and your doctor can work together to create a course of action with your unique situation in mind. By following a customized plan, you’ll be better prepared to deal with IPF and the difficulties it brings.

Talk to your doctor to develop an IPF management plan that works for you. Visit BreathlessIPF.com today to learn about IPF.