

# Options for Managing IPF

Idiopathic Pulmonary Fibrosis (IPF) is a progressive disease of the lungs, for which there is no cure.<sup>1</sup>



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## Common Symptoms <sup>1,2 & 3</sup>



**Cough (usually dry)**



**Shortness of breath**



**Cyanosis (blue lips, nail beds, skin)**



**Finger clubbing**

## Could You Have IPF?

Dr. Charles Chan, a leading specialist in the management and treatment of IPF, is concerned that “there are some patients who have the condition, but have not been diagnosed yet.” Because the disease is progressive, he says, “the earlier that you make the diagnosis, means that less lung function is lost.”



**ABOUT 50% ARE MISDIAGNOSED<sup>4</sup>**

## There Is Hope

Since there are treatment options for IPF, Dr. Chan recommends that, “If you are over 50, especially if you don’t smoke, and you have this nagging cough or gradually more shortness of breath and this has been going on for a few months, you should find out why you have these symptoms.”

**Ask your doctor whether you should be checked for IPF.**

“Options for Managing IPF” features Dr. Charles Chan, as well as Barry Williamson who has lived with the disease for over seven years. Watch this insightful program at:

[www.HealthandFamily.ca/IPfoptions](http://www.HealthandFamily.ca/IPfoptions)

Whether you or a loved one is living with IPF, speak to a health care professional and get the information and community support you need by visiting the Canadian Pulmonary Fibrosis Foundation online at: [www.cpf.ca](http://www.cpf.ca)



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<sup>1</sup> Cleveland Clinic: Idiopathic Pulmonary Fibrosis. Accessed at: <http://www.clevelandclinicmedcenter.com/2013/02/idiopathic-pulmonary-fibrosis/>. Page 1

<sup>2</sup> NIH: Idiopathic Pulmonary Fibrosis. MedlinePlus Medical Encyclopedia. Accessed at: <http://www.nlm.nih.gov/medlineplus/ency/article/001211.htm>. Page 1

<sup>3</sup> Canadian Pulmonary Fibrosis Foundation Patient Guide. Accessed at: <http://www.cpf.ca/PatientGuide/PatientGuide.pdf>. Page 8

<sup>4</sup> Multidisciplinary Respiratory Medicine. Spagnolo P, et al. Idiopathic pulmonary fibrosis: diagnostic pitfalls and therapeutic challenges. Accessed at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3811111/>. Page 1