



**I was diagnosed in 2014 with IPF after a CT Scan and this was confirmed following a biopsy.**

My only symptoms really were a tendency to get out of breath walking up even the slightest slope, and initially a persistent cough. I started having breathing exercises from a singing coach which helped me control my breathing.

I was later prescribed one of the drugs known to slow down the progression of the fibrosis and also put forward for a clinical trial. I took advantage of the support group at the specialist centre and have also attended as many information events as possible to find out more about the illness.

Through these I've met many inspiring people and have now become a Trustee of APF.

You can find out more about pulmonary fibrosis at:

[actionpulmonaryfibrosis.org/about-pulmonary-fibrosis](https://actionpulmonaryfibrosis.org/about-pulmonary-fibrosis)

For more about living with pulmonary fibrosis visit:

[actionpulmonaryfibrosis.org/living-with-pulmonary-fibrosis](https://actionpulmonaryfibrosis.org/living-with-pulmonary-fibrosis)

---

### About Action for Pulmonary Fibrosis

We are committed to helping patients and their families by setting up support groups, educating healthcare professionals and campaigning to improve symptom recognition in primary care for prompt diagnosis and better outcomes. A key area of our work is to be part of vital research and give funds towards research.

---

### Contact Us

 **01543 442152**

 **[info@actionpulmonaryfibrosis.org](mailto:info@actionpulmonaryfibrosis.org)**

Action for Pulmonary Fibrosis. Registered charity 1152399 (England and Wales)

# Pulmonary Fibrosis

## We are here to help

# Find out more about pulmonary fibrosis

# Get the support you need

## Visit

### [actionpulmonaryfibrosis.org](http://actionpulmonaryfibrosis.org)

Our website has a lots of information for patients, families and carers and you can also find out more about what we do as a charity.

### Visit the site to read about:

- Pulmonary fibrosis: causes & diagnosis
- Treatments
- Living with pulmonary fibrosis
- Oxygen & travelling abroad
- Finding a local support group
- About our charity & our aims
- Useful links & information

**We know how worrying it is when you are first diagnosed with pulmonary fibrosis and that you and your family will have many questions.**

We provide accurate, up-to-date information for anyone affected by pulmonary fibrosis. Whether you are looking for information about symptoms, treatment or support groups - we can help.

The APF website is great. I found lots of useful information about IPF as well as helping me find my local support group. I highly recommend it to anyone who has just been diagnosed.

*Anne Doran – IPF patient*

It is really important that you get support and help from others who may be going through the same thing as you. There are support groups all over the UK where you can meet up with fellow patients and their partners and families to hear about treatments, living with pulmonary fibrosis or just to have a friendly chat.

Make sure you are getting the support you need. Visit our support group section on our website to find a group near you.

[actionpulmonaryfibrosis.org/support](http://actionpulmonaryfibrosis.org/support)

