



PA IPF
SUPPORT
NETWORK

Idiopathic Pulmonary Fibrosis (IPF) Patient Checklist

A new diagnosis can be an overwhelming and scary time. You may be asking yourself, “what next?” The following IPF Patient Checklist serves as a helpful roadmap for you and your care partner to navigate your diagnosis, treatment options, and care.

Support

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Join a support group.

You're not alone! Support groups can offer additional care and connection with those who share your journey and who can relate to what you're going through.

Medical Care and Treatment

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Schedule an appointment with a pulmonologist who has experience caring for patients with IPF.

PFF CARE CENTER NETWORK

- **Temple Health Lung Center:** <https://www.templehealth.org/services/lung>
- **University of Pennsylvania Pulmonary, Allergy, and Critical Care Division:** <https://www.pennmedicine.org/>
- **Jane and Leonard Korman Respiratory Center at Thomas Jefferson University:** <https://hospitals.jefferson.edu/departments-and-services/jane-and-leonard-korman-respiratory-institute/>
- **Penn State Health Milton S. Hershey Medical Center, Division of Pulmonary, Allergy and Critical Care Medicine:** <https://hmc.pennstatehealth.org/pulmonary>
- **The Dorothy P. and Richard P. Simmons Center for Interstitial Lung Disease at UPMC:** <https://www.upmc.com/>

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Research drug therapies approved to treat IPF.

- Pirfenidone (Esbriet®, Pirfenex®, Pirespa®)
- Nintedanib (OFEV®)

Pulmonary Rehabilitation & Oxygen Management

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Explore pulmonary rehabilitation education programs.

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When oxygen levels go below 88%, talk to your doctor about a prescription for oxygen.

Lifestyle Changes

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If you are overweight, adjust your diet to have a well-balanced diet and limit your caloric intake as being overweight can contribute to shortness of breath.

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If you are a smoker, tobacco cessation is imperative.

Lung Transplantation

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Schedule a lung transplant evaluation.

PENNSYLVANIA LUNG TRANSPLANT CENTERS:

- **Temple Health Lung Transplant Program:** www.templehealth.org
- **Penn Lung Transplant Center:** www.pennmedicine.org
- **UPMC Lung Transplant Program:** www.upmc.com

Palliative Care

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Explore palliative care options to address symptoms and advanced care planning.



PENNSYLVANIA
IPF Support Network



SCAN TO VISIT THE
PA IPF SUPPORT
NETWORK WEBSITE
<https://paipfsupportnetwork.org>



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Idiopathic Pulmonary Fibrosis (IPF) Patient Resources

The following are resources to supplement the checklist above. A wealth of information and support exists for IPF patients and their care partners. These resources, combined with your medical team, will help you to live your best life while managing this disease.

Resources, Support Groups, and Online Communities:

- **PA IPF Support Network:**

paipfsupportnetwork.org

- **Wescoe Foundation for Pulmonary Fibrosis:**

wescoefoundationforpulmonaryfibrosis.org/

- **Pulmonary Fibrosis Foundation:**

<https://www.pulmonaryfibrosis.org/>

- **PF Warriors:**

<https://pfwarriors.com/>

- **American Lung Association:**

<https://www.lung.org/>

- **American Thoracic Society:**

<https://www.thoracic.org/>

- **CHEST Foundation:**

<https://www.thoracic.org/>

- **Responsum for PF:**

<https://responsumhealth.com/pulmonary-fibrosis/>

- **Pulmonary Wellness Foundation:**

<https://pulmonarywellness.org/>



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