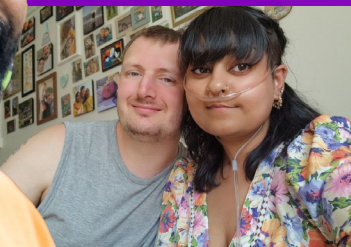




Action for
Pulmonary Fibrosis

I have **pulmonary fibrosis**

Support for people with a recent diagnosis



Interstitial Lung Disease
Interdisciplinary Network

actionpf.org

If you have recently been told you have pulmonary fibrosis, you're not alone: there's a community of people who share similar experiences and are here to support you.



“

You aren't alone: join a support group and speak to people going through the same thing.

”

George Larkham is 68 and lives in Hillsborough, Northern Ireland. He has a diagnosis of idiopathic pulmonary fibrosis.



“

Please take time to digest the diagnosis and try not to panic. It takes months to come to terms with it. Get as much support from friends and family as you can to remain positive. Focus on each day and not on the diagnosis. You are living with a lung disease and there is always hope.

”

Kim Hetherington, 61, lives in Cambridge and was diagnosed with idiopathic pulmonary fibrosis in 2022.

“

When I was diagnosed with hypersensitivity pneumonitis in my 30's, very little knowledge and support was available, but this has changed. At times there will be hard decisions to be made, including some lifestyle changes or doing things differently to suit your condition. Still, with correct support, help and perseverance, things can get more manageable and to your comfort level. I wish you all the best in your journey.

”

Nila Shah is 50 and lives in Middlesex.

Support and information

How much information people want after diagnosis is very individual. Some people might feel overwhelmed and want time to process their diagnosis before finding out more. Others want to know everything they can about pulmonary fibrosis, as soon as possible.

We offer information on all aspects of living with pulmonary fibrosis on our website or in the post. You can digest this information when you're ready and at your own pace.

We have information about:



Managing cough, breathlessness and tiredness



Click or scan me



Going on holiday with pulmonary fibrosis



Click or scan me



Local support groups



Click or scan me



Benefits and living with a disability



Click or scan me



Support for carers, family and friends



Click or scan me

And much more:

All our information is available on www.actionpf.org or by post.

Call us on **01223 785725** and we'll send the information you need.

Action for Pulmonary Fibrosis is a patient-driven charity.

Our vision is to **stop** pulmonary fibrosis so that everyone affected has **a better future**.

Here to help...

If you need this information in a different format such as large print, easy read or another language, please contact us.



Contact our support team:

✉ support@actionpf.org ☎ Support line: 01223 785725



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You can also find information and support at:

Asthma and Lung UK asthmaandlung.org.uk 0300 222 5800

Pulmonary Fibrosis Trust pulmonaryfibrosistrust.org 01543 442 191

Supporting Breathlessness supporting-breathlessness.org.uk

actionpf.org

01733 839642 info@actionpf.org

