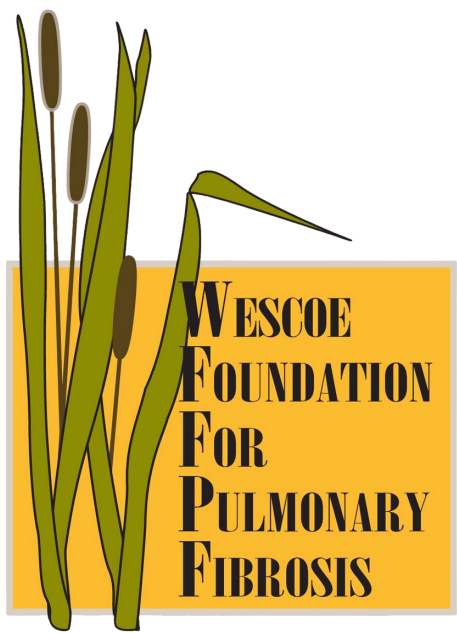




Pulmonary Fibrosis (PF) Patient Checklist

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

SUPPORT

☐ 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

☐ SCHEDULE AN APPOINTMENT WITH A PULMONOLOGIST WHO HAS EXPERIENCE CARING FOR PATIENTS WITH PF PFF CARE CENTER NETWORK

- Connect with PFF Care Center Network at:
 - <https://www.pulmonaryfibrosis.org>

☐ RESEARCH DRUG THERAPIES APPROVED TO TREAT PF

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

PULMONARY REHABILITATION & OXYGEN MANAGEMENT

☐ EXPLORE PULMONARY REHABILITATION EDUCATION PROGRAMS

☐ WHEN OXYGEN LEVELS GO BELOW 88%, TALK TO YOUR DOCTOR ABOUT A PRESCRIPTION FOR OXYGEN

LIFESTYLE CHANGES

☐ ADJUST YOUR DIET TO HAVE A WELL-BALANCED DIET AND LIMIT YOUR CALORIC INTAKE AS BEING OVERWEIGHT CAN CONTRIBUTE TO SHORTNESS OF BREATH

☐ TOBACCO CESSATION IS IMPERATIVE

LUNG TRANSPLANTATION

☐ SPEAK WITH PULMONOLOGIST ABOUT LUNG TRANSPLANT OPTION

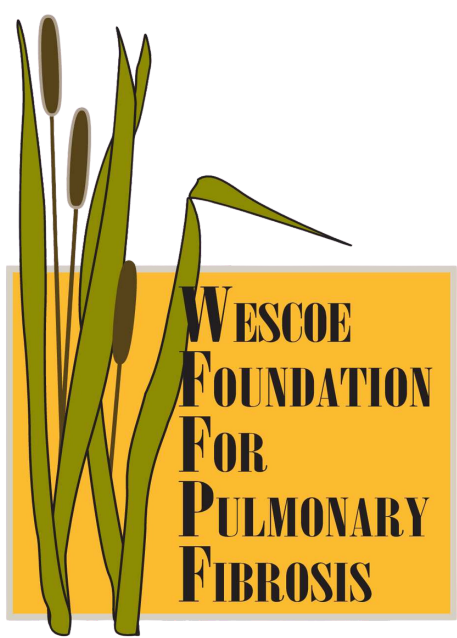
☐ SCHEDULE A LUNG TRANSPLANT EVALUATION

PALLIATIVE CARE

☐ EXPLORE PALLIATIVE CARE OPTIONS TO ADDRESS SYMPTOMS AND ADVANCED CARE PLANNING



**SCAN TO VISIT
WESCOE FOUNDATION
FOR PULMONARY
FIBROSIS WEBSITE**



Pulmonary Fibrosis (PF) Patient Resources

The following are resources to supplement the checklist above. A wealth of information and support exists for PF 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:

- **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/>

- **Pulmonary Wellness Foundation:**

<https://pulmonarywellness.org/>

- **Clinical Trials:**

<https://clinicaltrials.gov/>

- **ILD Collaborative:**

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

- **Lung Transplant Foundation:**

<https://lungtransplantfoundation.org/>

- **Get Palliative Care:**

<https://getpalliativecare.org/>



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