

Living with idiopathic pulmonary fibrosis:

Questions to help you when talking with your doctor

It is important to have positive conversations with your doctor which help you address some of the challenges of living with IPF and to make you feel more in control of the disease. The questions listed below may assist you at your doctor's appointments and support you in continuing to live the life you want.

- 1** Which treatment options are available to me for my IPF?
- 2** For each of these options:
 - a)** How will this help me?
 - b)** What are the possible side effects?
 - c)** Would this treatment allow me to continue my day-to-day activities?
 - d)** Are there any dietary or other considerations?
- 3**
 - a)** Would now be a good time to start treatment?
 - b)** If not now, when would be the right time to start treatment?
- 4** In addition to medications, what other therapies or support may be helpful to me?
- 5** What else can I do to maintain my health and live the best life possible?