



# Is it the right time?

## *A guide to discussing IPF treatment with your doctor*

If you have recently been diagnosed with idiopathic pulmonary fibrosis (IPF), you may be looking for resources to help you have important conversations with your healthcare team about your future.

Asking the right questions when you meet with your doctor can empower you with a deeper understanding of your disease and help you learn how to best manage your symptoms.

Consider bringing the following questions to your next appointment. The time is now to have a conversation with your doctor. There are proven treatments that have been shown to reduce the decline in lung function and help slow disease progression. Define your goals, know your options, and work with your doctor to take control of IPF and maintain the best quality of life possible.

### Questions for discussion:

- 1) How can I better manage my symptoms?
- 2) Can lifestyle changes (e.g., diet, exercise, supplemental oxygen) help improve my condition?
- 3) What treatments can help slow disease progression? Can you tell me about the potential benefits?
- 4) What are the side effects of treatment?
- 5) When is the right time to start treatment?
- 6) What are the benefits of starting treatment sooner?
- 7) What types of resources and support programs are available?

Notes:

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*Every patient's experience is unique. Talk to your doctor for more information about IPF.*

Find out more and join the conversation about IPF at:  @THE\_CPFF  facebook.com/TheCPFF