

# Objectives

- *Provide education and information*
- *Allow sharing of ideas and experiences*
- *Provide a network of peer support and friendship for individuals living with pulmonary fibrosis and their loved ones*

Support Group Meeting



The Calgary Pulmonary Fibrosis Support Group meets the first Tuesday of every month excluding July and August.

6:30 - 8:00pm

East Calgary Health Centre, Room 2285  
4715 8 Avenue SE, Calgary, AB

Free parking in rear of building.

Kirk Mathison, RN  
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Pulmonary Fibrosis  
FOUNDATION



# Calgary Pulmonary Fibrosis Support Group



ALSO AVAILABLE  
IN RED DEER,  
MEDICINE HAT,  
LETHBRIDGE &  
PINCHER CREEK!





The Calgary Pulmonary Fibrosis Support Group was founded in March 2013 to provide support to those diagnosed with pulmonary fibrosis and their loved ones. Our support group is open to anyone with pulmonary fibrosis and their families and friends.

Our meetings include guest speakers on relevant topics specific to those diagnosed with pulmonary fibrosis. Open discussion time is given to allow for an exchange of ideas and thoughts. Participation in all aspects of our meetings is voluntary and we strive to promote an environment of mutual respect, caring and confidentiality.

The Calgary Pulmonary Fibrosis Support Group is facilitated by a Registered Nurse with specific training in pulmonary fibrosis.



## Past topics and guest speakers

We discuss all topics applicable to individuals with pulmonary fibrosis and their loved ones from diagnosis and treatment to managing the end stages of this disease and everything in between.

Our past topics include:

- Diagnosis
- Treatments
- Supplemental oxygen
- Traveling with PF
- Managing shortness of breath
- Pulmonary rehabilitation and exercise
- Lung transplantation
- Family caregiver support
- Organ and tissue donation
- Living and dying with PF
- Patient advocacy

Our past guest speakers include:

- Dr. Charlene Fell, ILD Specialist
- Margot Sondermann, Palliative Care Specialist
- Charlene Retzlaff, Family Caregiver Centre
- Dr. Mitesh Thakrar, Lung Transplant Specialist

## Frequently Asked Questions

Q. Can I attend if I have COPD or Asthma?  
A. No. This group is specifically for those diagnosed with pulmonary fibrosis.

Q. Can I attend if I don't have IPF?  
A. Absolutely. This group is open to individuals with all forms of pulmonary fibrosis.

Q. Is registration required?  
A. No, but we do ask that you RSVP so we have an idea of how many participants to expect.

Q. I am on supplemental oxygen. Is this provided at the meetings?  
A. Yes. Oxygen and a Respiratory Therapist are provided by Respiratory Homecare Solutions at the Calgary location for those who require supplemental oxygen. Please contact Kirk Mathison to request oxygen.

Q. How many people attend your meetings?  
A. We average 30 attendees per meeting at our Calgary location.

Q. I am unable to attend. Can I still get the information?  
A. Yes. If you have signed up for our confidential email list, most presentations are sent out following the meeting. You will also be notified of upcoming meetings and guest speakers.

Q. How do I attend in Red Deer, Medicine Hat, Lethbridge, or Pincher Creek?  
A. Our meetings are available via video conferencing in Red Deer, Medicine Hat and Lethbridge. Contact Kirk Mathison for details.