



Canadian
Pulmonary Fibrosis
Foundation
Breathing should never be hard work®



BACKGROUND

About Pulmonary Fibrosis (PF):

- PF is a lung disease that occurs when lung tissue becomes damaged and scarred, causing the lungs to lose their ability to transfer oxygen to the bloodstream. This reduced capacity results in shortness of breath and vital organs being deprived of the oxygen they need to survive.
- PF is difficult to diagnose because of an overall lack of awareness of it by both healthcare providers and patients. More awareness by the public and medical professionals can result in earlier diagnosis so treatments can start sooner for patients at a less severe stage of the disease.
- Diagnosing patients as early as possible is vital because PF symptoms cannot be reversed by the treatment medication, only slowed down.
- Access to diagnosis and treatment is challenging for thousands of patients, particularly in Atlantic Canada and remote regions.

By the Numbers:

- Estimates show 30,000 Canadians are affected by PF, with more than 2,500 people dying each year. These numbers are expected to grow significantly in light of research studies highlighting the increased prevalence of PF in thousands of Canadians suffering from long-term COVID as well as other chronic diseases.
- PF remains a little-known disease, despite having survival rates lower than many cancers.

About Canadian Pulmonary Fibrosis Foundation (CPFF):

- The [CPFF](#) is a registered Canadian Charitable Foundation established in 2009 to provide hope and support for people affected by pulmonary fibrosis. Charitable number is 850554858 RR0001
- The organization educates Canadians about the disease, supports patients, families and caregivers and funds research to find treatments and a cure.

February 29 is Global Rare Disease Day

- While pulmonary fibrosis is a relatively rare disease, CPFF is highlighting the growing rate of PF being found in people suffering from long-term COVID-19 and connective tissue diseases such as rheumatoid arthritis, myositis, lupus and scleroderma.
- One recent study, [Post COVID-19 pulmonary fibrosis: a meta-analysis study](#), found that almost 45% (44.9%) of study participants began suffering from PF after contracting COVID-19. This type of potential significant increase in PF patients could bring the disease to thousands of Canadian households in the next few years.
- To help increase awareness and early diagnosis, CPFF is also hosting a number of different activities for our [Rare Disease campaign](#) to help with early detection including:
 - [“Know the Signs – Listen”](#) – this short, animated video
 - [Tackle the Crackle](#) – a campaign helping identify the early symptoms of PF so people can get treatment as soon as possible.
 - [PF Resource Library](#) – this includes a wide range of in-depth webinars for both health care professionals, PF patients and family members on PF-related issues as well as videos documenting the daily challenges of PF patients.
 - [Pucker Up Challenge](#) – a 10-second first-hand look into the challenges a PF patient faces when trying to breathe on a daily basis.

More information

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