

MOVE FORWARD

with



**A Road Map To Help Guide
Your Search for Answers**

Actor portrayal

Together, We'll Find a Path Forward

The search for answers about your lung health can be long, but in this guide, you'll find a collection of information that may be useful to help you move forward and:

- Better understand interstitial lung disease (ILD) and how it may lead to pulmonary fibrosis (lung scarring) that worsens over time
- Learn if any conditions you've been diagnosed with could put you at greater risk of developing ILD
- Feel empowered and supported throughout your journey

We hope you find this guide helpful. And remember, [LungsandYou.com](https://lungsandyou.com) is always available for additional support. Additionally, be sure to talk with your healthcare provider (HCP) about any concerns regarding your health.

Assisting you in your search for answers,

Your friends at Lungs&You[®]

Keep in mind, Lungs&You[®] does not provide medical advice. Please consult with your healthcare provider if you have specific questions about your health.

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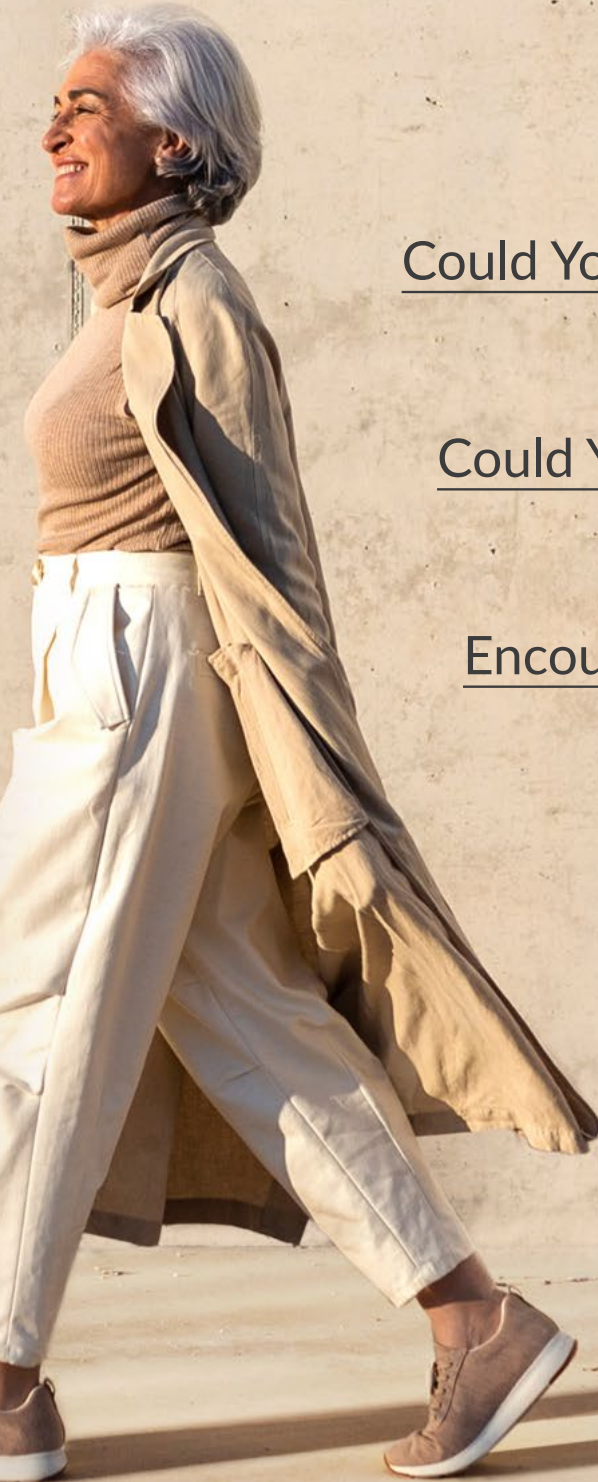
Top 3 From Lungs&You

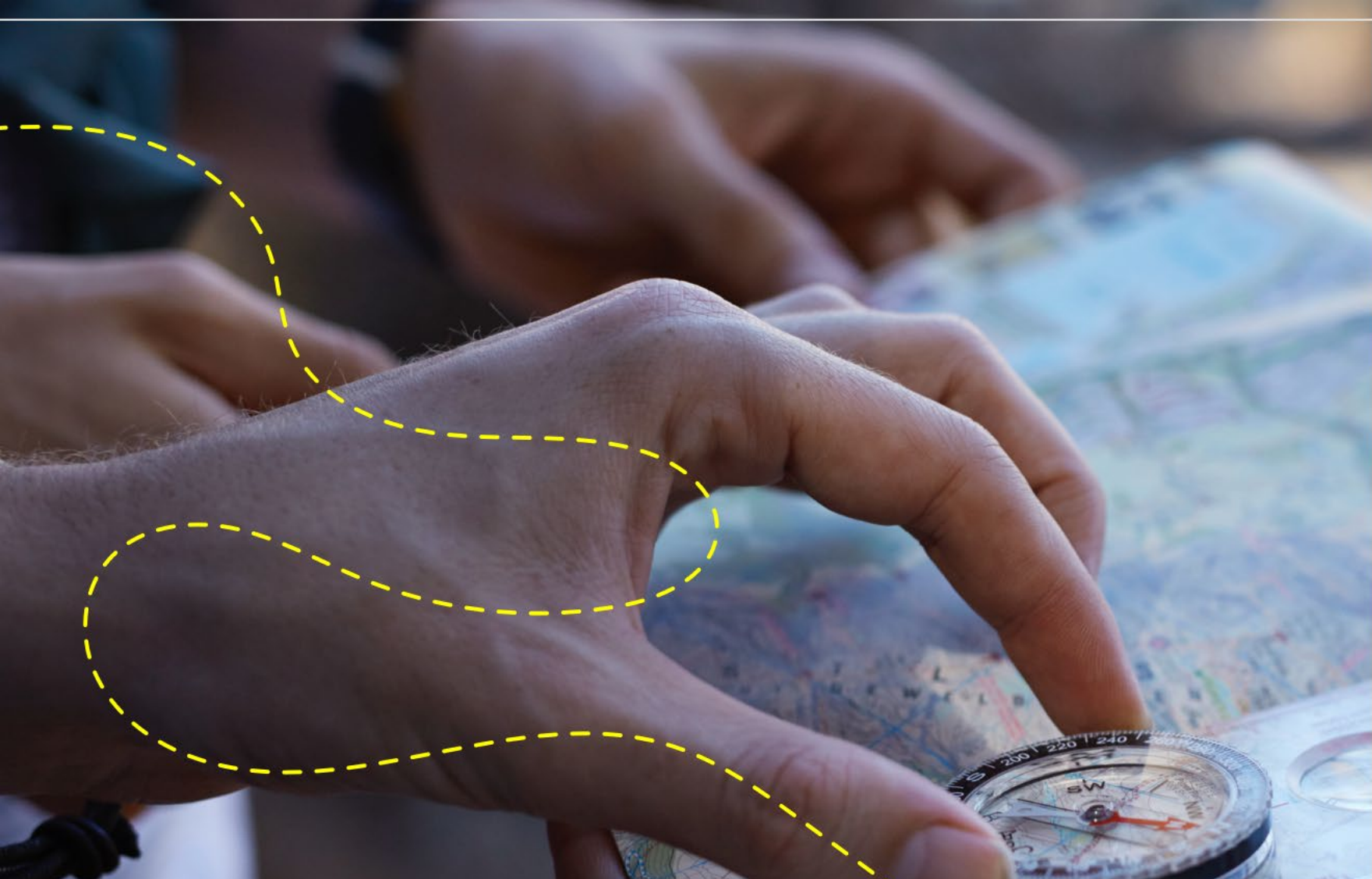
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ILD Fast Facts

As you search for answers about your health and begin to learn about interstitial lung disease (ILD), there are some important things to keep in mind. Here are some key facts about ILD.

1 ILD is tough to recognize

Its symptoms, like a persistent cough, shortness of breath, and fatigue, are similar to symptoms of more common conditions. Ruling out those conditions may cause a delay in diagnosing ILD.

2 ILD has many different causes

It can be caused by many known factors, like rheumatoid arthritis, scleroderma, sarcoidosis, and exposure to harmful substances, as well as many unknown factors.

3 Correctly diagnosing ILD is important

ILD may lead to scarring of the lungs called pulmonary fibrosis. This scarring may worsen (progress) over time, which is why it's important to diagnose ILD properly.

Could You Be at Risk of Developing ILD?

It's important to be aware of any factors that could increase your risk of developing interstitial lung disease (ILD). Read more about some common causes of ILD* below.

Some common causes of ILD:

- Systemic conditions that may affect the lungs:
 - Rheumatoid arthritis (RA)
 - Scleroderma
 - Sjögren's syndrome
 - Mixed connective tissue disease (MCTD)
 - Myositis
 - Sarcoidosis

- Chronic, repeated exposure to environmental or occupational substances, including:
 - Moldy hay and grain
 - Bird droppings and feathers
 - Asbestos fibers
 - Coal
 - Farming and livestock
- Smoking/vaping
- Certain medications



What if the cause of ILD is unknown?

When there is no known cause, a disease is called idiopathic. There are different types of idiopathic ILD, including:

- Idiopathic pulmonary fibrosis (IPF)
- Idiopathic nonspecific interstitial pneumonia (iNSIP)
- Unclassifiable ILD

Could Your Symptoms Be Signs of ILD?

Interstitial lung disease (ILD) can cause many symptoms that just don't seem to go away. These symptoms may be similar to those of more common conditions, making it easy to confuse ILD for other diseases. Use this chart to see if what you're experiencing could be signs of ILD, some other respiratory condition, or both.



Actor portrayal

Please note, while these are some of the more common symptoms of these conditions, every person's experience is unique. You should consult a healthcare professional (HCP) if you experience any of these symptoms.

Additionally, these are not all the possible symptoms that a person with ILD could experience, and the presence of symptoms does not necessarily mean you have ILD.

	ILD	Asthma	COPD	Congestive Heart Failure
Clubbing of the fingertips or toes	X			
Cough with phlegm or mucus			X	X
Dry cough	X	X		
Fatigue	X		X	X
Shortness of breath	X	X	X	X
Symptoms worsen or occur at night		X		
Wheezing		X	X	X

Talk with your HCP if you experience any of these symptoms.

Encouragement From People Like You

If you're wondering if you could have interstitial lung disease (ILD), it's important to speak with a healthcare provider (HCP) and advocate for yourself to find the answers you need. But it can be challenging to know how to be an advocate—what to do and what to say. Below are tips inspired by people who have walked this path before you.

1 Don't ignore ILD warning signs.

“I was convinced it was still just a cold ... months passed. I found I'd actually gotten used to the coughing ... when I'd reached more than six months of this cough, my family urged me to see a doctor.”

Kay B., living with idiopathic pulmonary fibrosis (IPF), a common type of ILD



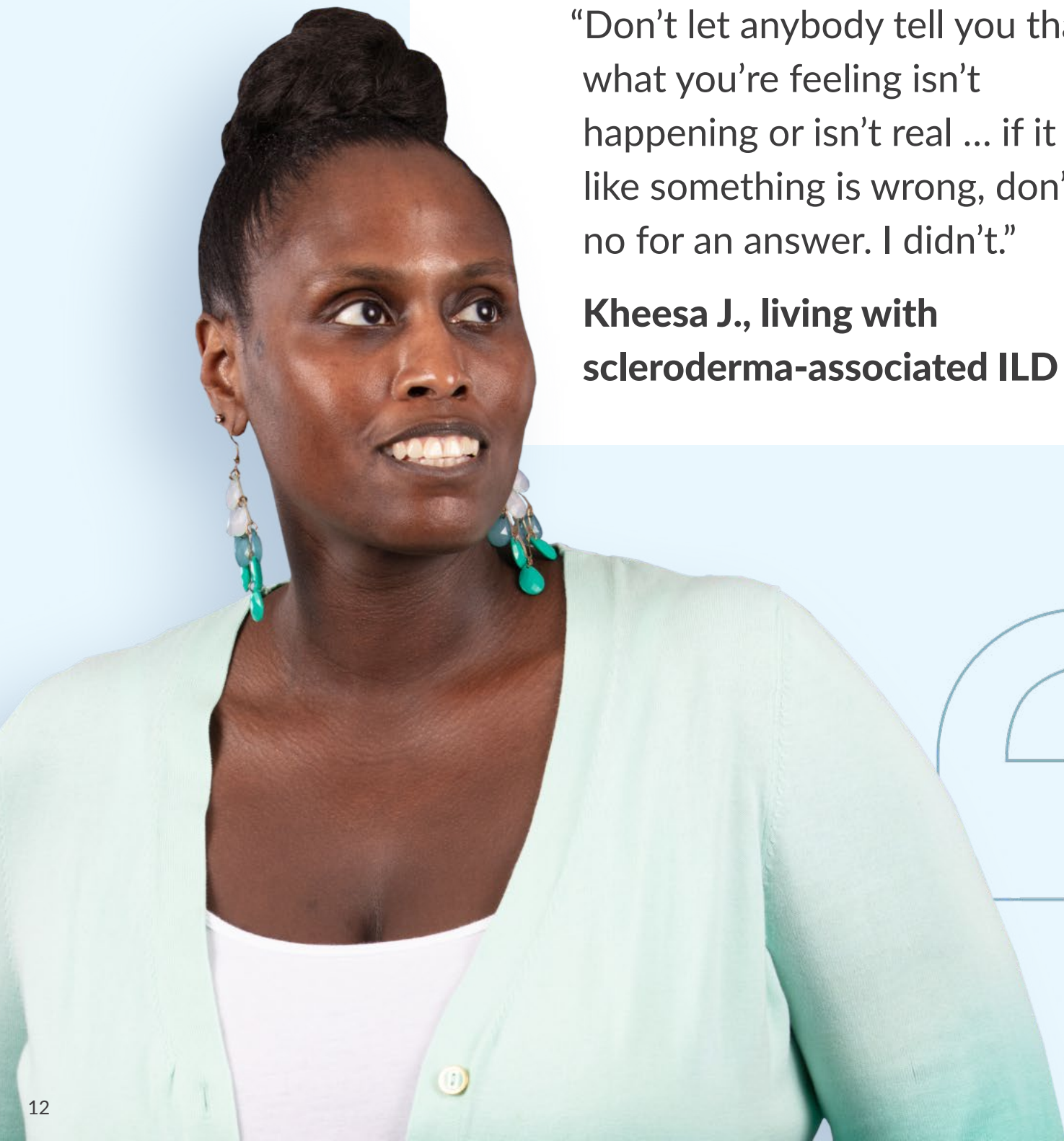
2 Talk to your doctor about your symptoms, and if you need to see a lung specialist, called a pulmonologist.

“My pulmonologist made sure to account for everything he could ... he was relentless, and that’s exactly the kind of care I needed. Not long after that visit, he was able to piece everything together and provide a diagnosis.”

Charles B., living with scleroderma-associated ILD

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3 Trust your intuition.

“Don’t let anybody tell you that what you’re feeling isn’t happening or isn’t real ... if it feels like something is wrong, don’t take no for an answer. I didn’t.”

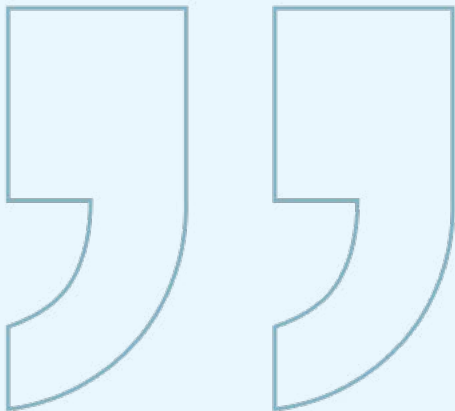
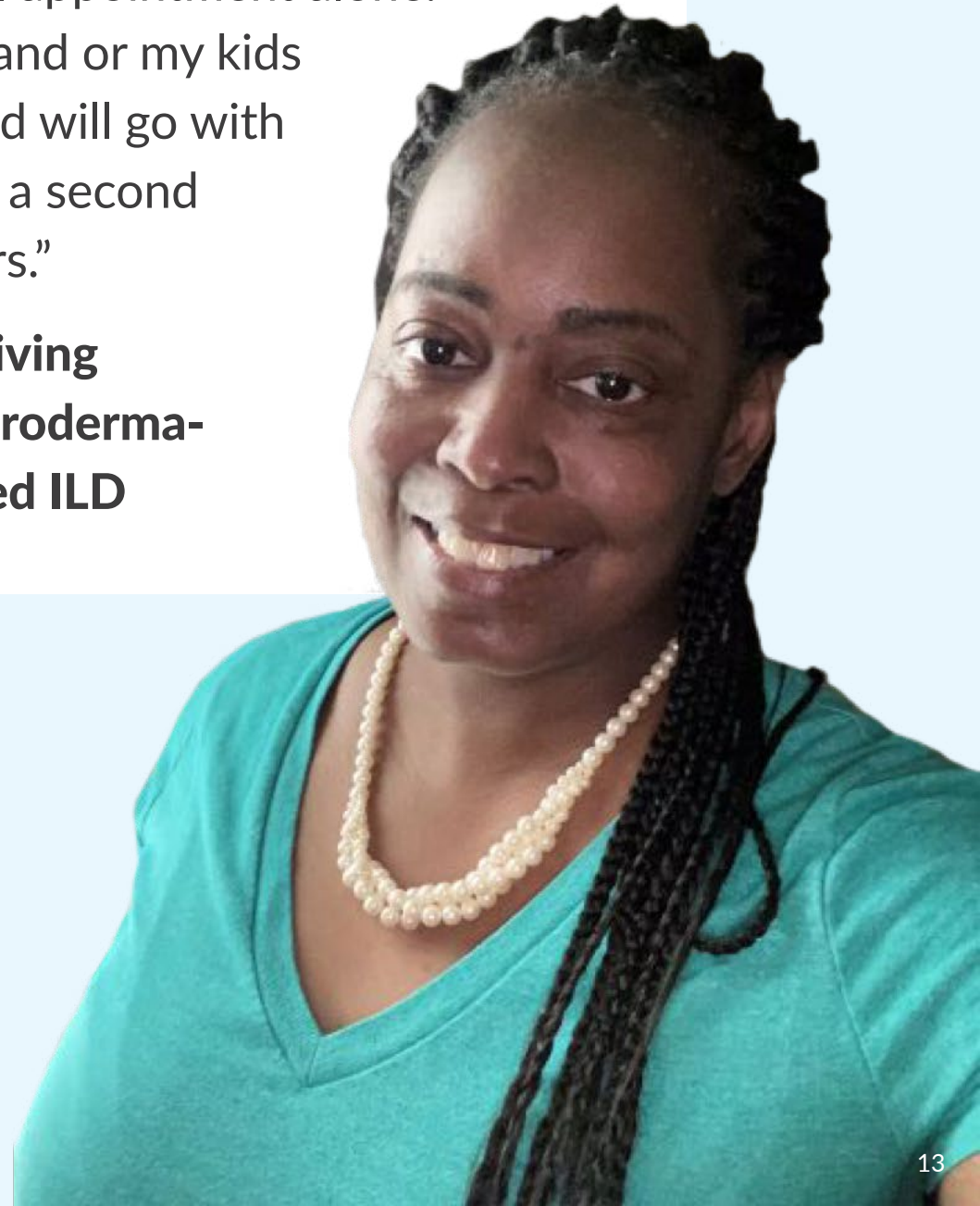
**Kheesa J., living with
scleroderma-associated ILD**



4 Take a loved one to
your appointments.

“It’s important to have people who support you and can advocate for you when you can’t advocate for yourself. To this day, I never go to a medical appointment alone. My husband or my kids or a friend will go with me to be a second set of ears.”

**Eureka, living
with scleroderma-
associated ILD**



Top 3 From Lungs&You

Support doesn't end here. LungsandYou.com is available anytime for those seeking answers.

Here are some resources about interstitial lung disease (ILD) that others have found helpful:

1 What Is ILD?

Get the facts on ILD, including its symptoms, causes, and more.

2 Find a Pulmonologist

Find lung specialists, called pulmonologists, in your area.

3 Personalized Doctor Discussion Guide

Use this tool to alert your pulmonologist to signs of ILD or help another type of healthcare provider determine if a referral to a pulmonologist is needed.

Help Is Just a Phone Call Away

You don't have to walk this journey alone—there's a group of people who are here for you. All you need to do is give them a call.

Contact the Lungs&You[®] Call Center for Support

Lungs&You[®] does not provide medical advice. Please consult with your healthcare provider if you have specific questions about your health.



1-844-473-2638

**Monday - Friday,
9 am - 6 pm ET**



Discover even more support at [Lungs&You.](https://www.lungsandyou.com)



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