

Pulmonary Fibrosis

USC Pulmonary Clinic



What is it? Pulmonary fibrosis is thickening and scarring of the lung tissue. It can be "idiopathic" (no cause) or caused by another disease, such as lupus or rheumatoid arthritis. Exposure to certain drugs can also cause fibrosis.

What are the symptoms? Shortness of breath, dry cough, difficulty exercising. Each patient may have different symptoms!

What is the treatment? There is no proven treatment for pulmonary fibrosis. If there is a specific cause for the fibrosis, this disease should be aggressively treated. Some patients with severe symptoms have lung transplantation.

DO:

- *STOP SMOKING and avoid secondhand smoke exposure!
- *Stay active! Consider pulmonary rehabilitation.
- *If your doctor prescribes oxygen, wear it!!
- *Eat healthy and maintain a normal body weight.
- *Call your doctor's office if you are on prednisone (or other immune suppressing drugs) and have a fever >101.
- *Let your doctor or family members know if you are feeling depressed.

DON'T:

- *SMOKE!
- *Stop taking any medications that your doctor has prescribed without calling your doctor.
- *Fly or travel to high elevations without letting your doctor know.
- *Have elective (non-emergent) surgery without discussing it with your doctor.