

September is Pulmonary Fibrosis Month



Pulmonary Fibrosis is a condition when scar tissue forms with in your lung tissue. This causes limited air flow to move into your blood stream. This causes added effort to breathe and can cause fatigue and decreased endurance for normal everyday activities.

Who has Pulmonary Fibrosis?

The Pulmonary Fibrosis Foundation says that there are over 250,000 Americans living with PF today. Approximately 50,000 new cases are diagnosed each year and as many as 40,000 Americans die from IPF each year.

What is Pulmonary Fibrosis caused from?

There are over 200 types of pulmonary fibrosis. PF is caused from many causes including, environmental exposure, medications, radiation, auto-immune disorders ,and family genetics to name a few. Most cases are not reversible and can cause long term damage.

What are the symptoms?

Symptoms include a dry cough, shortness of breath, fatigue, and of chest discomfort.

What type of treatment is available?

In some cases if diagnosed early on and if the cause is an exposure or medication induced then many times by removing the component will allow the lungs to recover. Many cases the damage is irreversible and can be progressive. Treatment will include medications, Pulmonary Rehab, Supplemental oxygen, and a lung transplant.

[To learn more about Pulmonary Fibrosis visit PulmonaryFibrosis.org.](https://www.pulmonaryfibrosis.org)

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