Don’t go it alone!

Living with Pulmonary Fibrosis is a major life change.

Belonging to the Garden State Support Group helps by connecting with others and sharing experiences, support and direction.

We are dedicated to helping persons affected by pulmonary fibrosis. We welcome patients and their family members, as well as care and support providers.

Members of our group are all volunteers, and the purpose of our fundraiser(s) are to donate money to further research and awareness.

Although based in NJ, we are open to anyone with Pulmonary Fibrosis in the U.S. and you are welcome to join our meetings via Zoom!

- We provide information about the disease, its treatment and the latest research we can uncover.
- We have guest speakers connected to research and hospitals.
- We raise community awareness.
- We raise funds to support research.

Meeting Information

Last Wednesday
of each month
7 pm via Zoom
or Morristown Medical Center
Room 3B
100 Madison Ave.
Morristown, NJ 07960
(when available)

Anyone interested - either in joining or just to learn about us can contact us via email at **gspfsgbreathe@gmail.com** to set up an initial talk with a leadership team member.

We are a 501(c)3 organization
All contributions are tax-deductible.

Find us on Facebook @ **Garden State Pulmonary Fibrosis Support Group** or visit our website at GardenStateBreathe.org

Garden State Pulmonary Fibrosis Support Group

Share experiences, resources and advice. Make meaningful connections with others facing similar challenges.

U.S. Senate Designates September as:

Pulmonary Fibrosis Awareness Month

Join us in September for our Annual Garden State Support Group 5K Run/Walk

Find details on Facebook or e-mail us at gspfsgbreathe@gmail.com

Whether you Walk or Run or just join us for fun, we have food and drinks for participants, raffles and prizes.

Be part of a supportive New Jersey community!

WHAT IS PULMONARY FIBROSIS?

According to the National Institutes of Health (NIH)...200,000 Americans and over 5 million worldwide are affected by Pulmonary Fibrosis (PF) This is a condition in which the lung tissue becomes thickened, stiff and scarred. The development of the scar tissue is called Fibrosis. As lung tissue becomes scarred and thicker, it loses its ability to transfer oxygen into the bloodstream. As a result, the brain and the other organs don't get the oxygen they need. In some cases, doctors can determine the cause, but in most cases it is unknown. When unknown the disease is called Idiopathic pulmonary fibrosis, or IPF.

In 2014, two new drugs were approved by the FDA for the treatment of IPF. These drugs are: **Esbriet (Pirfenidone) and OFEV (Nintedanib).**

There are a variety of options to help you manage your condition and maintain your quality of life. Typical standards of care will include supplemental oxygen, pulmonary rehabilitation, referral for clinical trial participation and or lung transplantation.

Symptoms

- Shortness of breath (dyspnea)
- Chronic hacking cough
- Fatigue and weakness
- Rapid weight loss
- Discomfort in the chest

Diagnosis

- High resolution CT scan (HRCT)
- Pulmonary function tests
- Listening to lung sounds with a stethoscope for Velcro like sounds

RELIABLE RESOURCES AND LINKS:

Pulmonary Fibrosis Foundation
www.pulmonaryfibrosis.org

American Lung Association
www.lung.org/pf

National Institutes of Health
www.NIH.gov/Health/Clinicaltrials

Pulmonary Fibrosis news.
https://pulmonaryfibrosisnews.com

Treatment

Individual treatment will vary to manage your symptoms. Possible treatments may include:

- Supplemental oxygen
- Pulmonary rehabilitation
- Drug therapy
- Lung transplantation

Take a closer look at IPF lung damage.