

**Lanarkshire
Pulmonary
Fibrosis
Support Group**



Support for those affected by Pulmonary Fibrosis

The aim of our group is to provide support, share experiences, socialisation and generally to try to offer signposting to services and assistance for sufferers, their families and carers.

We also hold monthly face-to-face and zoom meetings for members and carers and arrange guest speakers to advise on, for example, lung disease, welfare benefits, physical fitness and mental health.

The Support Group has set up a Facebook page and hopes that patients, carers and family members join the private group to chat and share their experiences, ask and answer questions and make new friends.

All interactions on the private group are confidential.

The group would be delighted to welcome new members!

Get in touch: www.lanarkshirepfsg.co.uk

 Public Page: facebook.com/LanarkshirePFSG

 Private Group: facebook.com/groups/816160442703530

Or for further information:

 **07872516060** or email on: lanarkshirepfsg@gmail.com

What is Pulmonary Fibrosis?

Pulmonary fibrosis is a lung disease that occurs when lung tissue becomes damaged and scarred. This thickened, stiff tissue makes it more difficult for lungs to work properly.

Pulmonary fibrosis causes thousands of deaths each year in the UK and is on the rise. Many people have not heard of the disease so, it is our aim to raise awareness across Lanarkshire and provide assistance to patients, families and carers.



Symptoms of Pulmonary Fibrosis

Signs and symptoms of pulmonary fibrosis may include:

- Shortness of breath (dyspnea)
- Dry cough
- Fatigue
- Unexplained weight loss
- Aching muscles and joints
- Widening and rounding of the tips of the fingers or toes (clubbing)

There is currently no cure for IPF, but there are several treatments that can help relieve the symptoms and slow down its progression. If you have struggled with your breathing for a while, or have had a cough for more than three weeks, contact your GP.

