Bolton Pulmonary Fibrosis

Support Group

The symptoms of IPF tend to develop gradually and get slowly worse over time

Symptoms can include:

- Shortness of breath
- A persistent dry cough
- Tiredness
- Loss of appetite and weight loss
- Rounded and swollen fingertips (clubbed fingers)

Many people ignore their breathlessness at first and blame it on getting old or being out of shape. But eventually even light activity such as getting dressed can cause shortness of breath.

t: 01204 397804

www.boltonpulmonaryfibosis.org

@boltonfibrosis

MEETING VENUE

Bolton CVS (the hub)
Bold Street, Bolton, BL1 1LS

Meetings Every 2nd Thursday of the month 2pm – 4pm

NHS Bolton NHS Foundation Trust

British Lung Foundation

Action for Pulmonary Fibrosis

EU-IPFF

Bolton CVS

Greater Manchester Health and Social Care Partnership

GMCA

NHS in Greater Manchester

About the Support Group

Bolton Pulmonary Fibrosis Support Group was formed in February 2018 at the request of the Royal Bolton Hospital Interstitial Lung Disease Team and Action for Pulmonary Fibrosis the National Charity for people diagnosed with Idiopathic Pulmonary Fibrosis. Since 2013 over 60 support groups like ours have sprung up around the UK.

The aim of the group is to provide; support and information for people diagnosed with pulmonary fibrosis, along with their family, friends and carers in an environment where people can learn about their condition, .A place where they can share their thoughts, fears and feelings with other with the same condition.. A place of mutual understanding, care, support and learning,. to facilitate a better quality of life.

What is Pulmonary Fibrosis

Pulmonary fibrosis (PF) is a chronic and progressive lung disease where the air sac in the lungs (alveoli) becomes scarred and stiff making it difficult to breathe and get enough oxygen into the bloodstream. The condition affects over 5 million people worldwide, an estimated 32,500 people in the UK live with IPF, a prevalence rate of about 50/100,000. There are around 6,000 new cases diagnosed/year, greater than previous estimates of around 5,000.

Unfortunately Pulmonary Fibrosis is a terminal disease, with an average life expectancy of between 3 and 5 years from diagnosis, Patients with pulmonary fibrosis experience disease progression at different rates. Some patients progress slowly and live with PF for many years, while others decline more quickly .As the disease progresses a person's breathing becomes more difficult, eventually resulting in shortness of breath, even at rest, leading to some people requiring home oxygen