



## Have You Been Diagnosed with Pulmonary Fibrosis?

The American Lung Association has resources and support to help you manage pulmonary fibrosis and the lifestyle changes and treatment options that come with it.

### Connect Online

You will find information about diagnosis, treatment options, coping with stress and emotions, and resources to help you live well with pulmonary fibrosis. Visit [Lung.org/pf](https://Lung.org/pf) to learn more about pulmonary fibrosis.

### Contact Us

Call our FREE Lung HelpLine to speak to one of our experienced registered nurses or respiratory therapists. Our compassionate and knowledgeable staff can provide you with the support you need and the answers to your questions about living with or caring for someone diagnosed with pulmonary fibrosis. Call 1-800-LUNGUSA to connect today.



### In-Person Support Groups

Join one of our Better Breathers Clubs to learn ways to cope with pulmonary fibrosis and other lung diseases while getting support of others who share your experiences. These regular, in-person meetings in your community feature educational presentations as well as the opportunity to talk with people who understand. Family members and caregivers can also attend. Visit [Lung.org/better-breathers](https://Lung.org/better-breathers) to learn more.

### Inspire Online Support Communities

Connect with others, share experiences and learn from friends in this online forum for people facing lung disease. Visit [Lung.org/community](https://Lung.org/community) to join our Living with Pulmonary Fibrosis or Caring with Pulmonary Fibrosis communities.



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