



VOLUME: 1 ISSUE: 2

ILD NEWSLETTER: Working together to improve your quality of life

**Interstitial lung disease (ILD)** refers to a group of diseases affecting the tissue and space around the air sacs of the lungs. Most of these diseases cause progressive scarring in this tissue. Once lung scarring occurs, it is generally irreversible. Medications may slow the damage of interstitial lung disease, but many people never regain full use of their lungs. Interstitial lung disease can be caused by long-term exposure to hazardous materials, such as asbestos. Some types of autoimmune diseases, such as rheumatoid arthritis, also can cause interstitial lung disease. In most cases, however, the causes remain unknown.

## TREATMENTS

### Acid reflux and pulmonary fibrosis:

Acid reflux or GERD happens when stomach contents flow back into your esophagus. This can be due to weakening of the point of the esophagus and the stomach or problems with squeezing of the muscles. It is thought that there is a strong link between GERD and pulmonary fibrosis. It is possible that reflux stomach contents such as acid and enzymes may enter the lungs and cause damage.

Common signs and symptoms of GERD:

-Heartburn, Regurgitation of partly digested food, Acid or sour taste in your mouth, Chest pain, Cough.

If you have pulmonary fibrosis, it is difficult to know if you have GERD because many people with ILD do not have the usual signs and symptoms. Most patients with pulmonary fibrosis are placed on a proton pump inhibitor (PPI) which can reduce acid produced in the stomach.

## PULMONARY REHABILITATION TIPS

The Canadian Pulmonary Fibrosis Foundation (CPFF) is very excited to announce the release of the first ever exercise video specifically designed for people living with pulmonary fibrosis. The video is available free of charge on the CPFF website labeled: 'One Breath at a Time' video.

The video demonstrates simple but effective exercises that can be done conveniently in and around the home or at your local gym. Healthcare professionals with expertise in treating people with PF along with Robert Davidson, President of the CPFF explain the benefits of exercise and physical activities.

## ILD TEAM MEMBERS

Dr. Shikha Mitto, BSc (honours) in microbiology from University of Manitoba followed by an MD from McMaster University. Postgraduate training was in internal medicine, rheumatology, and a Masters' of Clinical Investigation/ Epidemiology from Johns Hopkins Hospital. She received the Dan Baker Award for Outstanding Patient Care. She has extra training in the clinical and research setting for scleroderma ILD at the Johns Hopkins Scleroderma Centre and University of Manitoba. She joined U of T in 2010 as Assistant Professor of Medicine, and staff rheumatologist at Mount Sinai Hospital. Her clinical and research interest is in rheumatoid arthritis ILD. She serves as the co-research director of the UHN-ILD program and is working with an international research team to understand how autoimmune ILD impacts quality of life.

## ONLINE RESOURCES:

### **Canadian Pulmonary Fibrosis Foundation:**

<http://www.canadianpulmonaryfibrosis.ca/>

Twitter: @THE\_CPFF

Facebook:

**Canadian Pulmonary Fibrosis Foundation: Non-Profit Organization**

### **Pulmonary Fibrosis Foundation:**

<http://www.pulmonaryfibrosis.org/home>

Twitter: @PFFORG

Facebook: **Pulmonary Fibrosis Foundation: Charity Organization**

### Scleroderma Foundation:

[www.scleroderma.org](http://www.scleroderma.org)

## SUPPORT GROUP MEETING INFORMATION:

**When:** Tuesday, July 28, 2015

**Where:** Toronto General Hospital  
1<sup>st</sup> Floor Eaton South Building  
(Elizabeth Street Entrance)  
Conference Room 450a

**Time:** 1:30-3:30pm

**For Who?** ILD patients and caregivers

**Speaker:** Catharine Forno, RT;  
Clinical Team Leader (Oxygen Therapy) for Respiratory Homecare Solutions (RHS)

**Please RSVP to:**

[mandy.ettinger@uhn.ca](mailto:mandy.ettinger@uhn.ca)



## THE ANNUAL AMERICAN THORACIC SOCIETY (ATS) CONFERENCE:

Although the ATS conference in 2015 did not reveal information as groundbreaking as the conference in 2014, there was still a lot of excitement and discussion about IPF and its treatments. In particular, several sub-group analyses of both the ASCEND and INUPULSUS studies were presented at this year's conference. The data confirms that both Esbriet (pirfenidone) and Ofev (nintedanib) slows progression of the decline in lung function in mild and moderate disease.

## WHAT IS AUTOIMMUNE-ILD?

Autoimmune-ILD is a type of lung disease that may happen to some people with connective tissue disease. Examples of connective tissue diseases (also known as rheumatologic, collagen vascular, or autoimmune diseases) are:

- Scleroderma
- Rheumatoid arthritis
- Sjogren's syndrome
- Systemic lupus erythematosus
- Polymyositis
- Dermatomyositis
- Mixed or undifferentiated connective tissue disease

Sometimes people with CTD-ILD do not have any symptoms. But some common signs and symptoms are:

- Shortness of breath with activity
- Cough
- Fatigue (feeling very tired)
- "Crackles" when the chest is examined with a stethoscope
- Symptoms and signs of a connective tissue disease (for example, joint pain or swelling, rash, dry eyes, dry mouth, acid reflux)

These are the most common anti-inflammatory and immunosuppressive medications used to treat CTD-ILD:

- Corticosteroid (Prednisone)
- Cyclophosphamide (Cytoxan)
- Mycophenolate mofetil (Cellcept)
- Mycophenolate sodium (Myfortic)
- Azathioprine (Imuran)

## *CURRENT RESEARCH*

Many patients choose to participate in clinical trials after consulting with their physician. A clinical trial is a study performed to determine if an experimental treatment is safe and/or effective to treat a specific medical condition. If you are interested in participating in a research study or would like more information regarding our clinical trials program, please contact Judy at UHN: 416-581-8586.

## *EVENTS IN THE GTA*

**6th Annual Golf Tournament –July 23**  
This tournament is being held at Angus Glen. This day includes lunch then a shotgun start with carts provided.  
Your choices of either play your own ball or put together a foursome scramble. Dinner follows at 7:00p.m.  
Follow the link for more information:  
<http://www.canadianpulmonaryfibrosis.ca/whats-happening/events/annual-golf->