



VOLUME: 1 ISSUE: 4

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

It is influenza season!

Influenza is an acute respiratory illness caused by influenza A or B viruses. It occurs in epidemics nearly every year, mainly during the winter season. Influenza viruses change their outer shell proteins frequently, so vaccination is not usually protective for more than 1 year. Annual influenza vaccination is an important public health measure for preventing influenza infection. This year the world health organization recommends all persons over the age of 6 months receive the flu-vaccine. In particular the vaccine is important for those at high risk which includes persons with chronic pulmonary diseases such as ILD and those who are immune compromised including medication for immunosuppression.

PULMONARY REHABILITATION TIPS

A pulmonary rehabilitation program is recommended to help you achieve your highest level of functioning. This program includes education, exercise conditioning, breathing techniques, and energy saving techniques, respiratory therapy evaluation, nutritional counseling and psychosocial support.

The specific goals of pulmonary rehabilitation are to improve quality of life by: decreasing respiratory symptoms and complications, encouraging self management and control over daily functioning, improving physical conditioning and exercise performance, improving emotional well being and reducing hospitalizations.

ILD TEAM MEMBERS



Mandy Sivananthan is the ILD nurse specialist in the TGH ILD clinic who took on this newly created position beginning in January of this year. She received her undergraduate degree at Dalhousie University with a Bachelor of Science in Nursing and is currently in graduate school perusing a combined masters and nurse practitioner at University of Toronto. Previously she has worked as a RN in medicine as well as the intensive care unit at the Ottawa General hospital and the Toronto Western Hospital. Currently she is interested in quality improvement and education as it relates to interstitial lung disease. Since being with the clinic she has been invited to be a part of IPF working groups for development of education tools, initiated a pulmonary fibrosis support group at TGH and made available one on one education sessions for patients newly diagnosed with IPF.

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

SUPPORT GROUP MEETING INFORMATION:

When: Tuesday, Nov. 24, 2015

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

Time: 1:30-3:30pm

For Who? ILD patients and caregivers

Speaker: Dr. Andrew Youn (ILD fellow) –

TOPIC: Importance of Diagnosis

Please RSVP to:

mandy.ettinger@uhn.ca



DEEP BREATHING FOR ANXIETY:

Deep breathing is a common technique to help people to relax and combat symptoms of anxiety. They may also help to ease symptoms of depression.

Many people have a tendency to breathe faster than normal when they are anxious. Sometimes this can make you feel dizzy, which makes you more anxious and you breathe even faster, which can make you more anxious, etc. If you practice 'deep breathing' when you are relaxed, you should be able to do this when you feel tense or anxious to help you to relax.

Try the following for 2-3 minutes. Practice this every day until you can do it routinely in any stressful situation:

- Breathe slowly and deeply in through your nose, and out through your mouth in a steady rhythm. Try to make your breath out twice as long as your breath in. To do this, you may find it helpful to count slowly 'one, two' as you breathe in, and 'one, two, three, four' as you breathe out.
- Mainly use your lower chest muscle (your diaphragm) to breathe. Your diaphragm is the big muscle under the lungs. It pulls the lungs downwards which expands the airways to allow air to flow in. When we become anxious we tend to forget to use this muscle and often use the muscles at the top of the chest and our shoulders instead. Each breath is more shallow if you use these upper chest muscles. So, you tend to breathe faster, and feel more breathless and anxious, if you use your upper chest muscles rather than your diaphragm.
- You can check if you are using your diaphragm by feeling just below your breastbone (sternum) at the top of your tummy (abdomen). If you give a little cough, you can feel the diaphragm push out here. If you hold your hand here you should feel it move in and out as you breathe.
- Try to relax your shoulders and upper chest muscles when you breathe. With each breath out, consciously try to relax those muscles until you are mainly using your diaphragm to breathe.

Please contact us if you would like more information on anxiety prevention or you can also visit the following website: <http://patient.info/health/controlled-breathing-pursed-lips-breathing>

PEER SUPPORT

The Canadian pulmonary fibrosis foundation has knowledgeable volunteers across Canada who you are able to connect with to answer your questions or to offer support. This is a group of individuals you have met up together and undergone training in communication and peer support for patients with IPF. They are available to talk to patients with IPF or caregivers to answer non-medical questions.

You can find the support person through the CPFF website and this direct link: <http://www.canadianpulmonaryfibrosis.ca/support/cpff-peer-support/>

Upcoming Conference: PFF Summit 2015, November 12-14, Washington DC www.pffsummit.org.