



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.



HOLIDAY TRAVEL CHECKLIST !

Living with a lung condition doesn't mean life has to stop, you should continue to get out of the house and enjoy family and friends. Here is a check list to help with your travels over the holidays.



Holiday checklist

Tick or cross the box against each point.

Before you book

- Check with your GP or health care professional that you are well enough to travel
- Is your preferred destination suitable for you? Think about terrain, access and the cost of travel insurance
- Research travel insurance costs. Remember to tell your travel insurer about all your pre-existing medical conditions
- If you plan to travel by coach or ferry, check if on-board facilities are accessible
- If you plan to fly, find out what the airline needs to confirm your fitness to fly

If you need oxygen

- Ask your supplier how you could get it while you're away
- If you plan to fly, check the policy of the airline you plan to use
- Take your oxygen alert card with you

Before you travel

- Plan your route from door to door. Think about how far you will have to walk unaided, how many stops you might have to make and what disabled access is like at your destination.

- Make sure you will have enough of your regular medication to see you through your trip, including extra to cover any delays
- Arrange emergency antibiotics, if you might need them
- Make a list of the medication you take, including emergency antibiotics, in case you need more during your holiday or need to show a doctor if you're taken ill
- Send your travel provider any fitness to travel documents they have asked for
- Book any travel assistance you might need, such as help getting through the airport or boarding a train
- Consider any allergies you have. If you are allergic to feathers, ask your accommodation provider if hypoallergenic bedding is available

During your holiday

- When you arrive, locate the nearest medical facility and check its opening times
- Carry with you several copies of your list of medication, your medical letters and your Health Insurance card, Keep your travel insurance documents and, if abroad, your passport in a safe place
- Carry with you a list of emergency contact numbers, including your GP's number
- If you start to feel unwell, seek medical advice quickly.

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**

THE LUNG ASSOCIATION:

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

Scleroderma Foundation:

www.scleroderma.org

SUPPORT GROUP MEETING INFORMATION:

When: Tuesday, Jan 23, 2018

Where: Toronto General Hospital
12th Floor Eaton South Building
Centre Corridor (Elizabeth Street Entrance)

Conference Room #315 Bayer Room

Time: 1:30-3:30pm

For Who? ILD patients and caregiver

Topic: Home Oxygen Support in the Community for ILD

Please RSVP to:

Nathalie.alexandru@uhn.ca



OLD newsletters:

<http://www.uhn.ca/Surgery/Patients>

Interstitial Lung Disease and Oxygen Therapy

Why do we need oxygen therapy?

- When the body is not receiving enough oxygen, more strain is put on the vital organs
- Raising low blood oxygen levels can improve sleeping, brain function and decrease shortness of breath
- Goals of oxygen therapy can include increased tolerance for activity and exercise, improved quality of life and enhanced longevity and palliation of late-stage and end stage illness

How do we get oxygen therapy?

- Oxygen is prescribed by a licensed physician once you have completed the appropriate clinical tests such as the Pulmonary Function Testing and 6 Minute Walk Test
- Once an oxygen company has received the prescription a professional will come to your home, assess your oxygen needs and provide you with the appropriate equipment and health teaching

When do we need oxygen therapy?

- People living with lung disease often have lower than normal levels of oxygen in their blood. When levels drop to 88% or lower, a healthcare provider may order supplemental oxygen
- Please see the pulmonary fibrosis foundation website for more information on oxygen therapy (www.pulmonaryfibrosis.org)

The ILD Support group is happy to introduce Ashley Puckrin who is a Registered Respiratory Therapist (RT) working with ProResp. Ashley will be providing patients with an informative session on home oxygen January 23rd, 2018 during our regular support group hours!

Currently, Ashley works for ProResp as the Clinical Lead and Long - Term Care Coordinator, however, prior to this role she worked in the hospital on inpatient units for three years. Ashley specializes in the complex care of both adult and pediatric patients requiring oxygen therapy.

**** Please note the change in room for this month's ILD Support Group Meeting****