



**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.



## BETTER BREATHING TECHNIQUES:

### Short of Breath?

- STOP what you are doing and rest in a comfortable place
- LOWER your head and shoulders & try to relax
- Breathe in and out through your mouth
- Begin to breathe in through your nose and out through your mouth
- STAY in this position for 5-10 minutes until your breathing returns to YOUR normal
- Use pursed lip breathing or diaphragmatic breathing IF you find them helpful (not all ILD patients do).

### Positions for Shortness of Breath

#### **SITTING**

- Rest your feet flat on the floor
- Lean your chest forward slightly
- Rest your elbows on your knees or rest your chin in your hands
- OR:
- Rest your arms on a table, rest your head on your forearms or some pillows
- Relax your neck & shoulders

#### **STANDING:**

##### Position 1:

- Stand with your feet shoulder width apart
- Lean your hips against a wall
- Rest your hands on your thighs
- Relax your shoulders, leaning forward slightly and dangling your arms in front of you

##### Position 2

- Rest your elbows or hands on a piece of furniture just below shoulder height
- Relax your neck, resting your head on your forearms
- Relax your shoulders
- AVOID `grabbing` onto the furniture as this can overwork your muscles and increase your shortness of breath if held for too long!

**To Learn More About The ILD Clinic:**

[http://www.uhn.ca/MCC/PatientsFamilies/Clinics\\_Tests/Interstitial\\_LungDisease\\_Clinic](http://www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Interstitial_LungDisease_Clinic)

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

## SUPPORT GROUP MEETING INFORMATION:

**When:** Tuesday March 27, 2018

**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 caregiver

**Topic:** Pulmonary Rehab

**Please RSVP to:**

[nathalie.alexandru@uhn.ca](mailto:nathalie.alexandru@uhn.ca)



OLD newsletters:

[http://www.uhn.ca/Surgery/Patients/Families/Clinics\\_Tests/Interstitial\\_LungDisease\\_Clinic](http://www.uhn.ca/Surgery/Patients/Families/Clinics_Tests/Interstitial_LungDisease_Clinic)

# BETTER BREATHING BETTER LIVING

## PULMONARY REHABILITATION

This month is all about exercise and Pulmonary Rehab. We are lucky to have Meeran Manji, Registered Nurse and Patient Care Coordinator at the Toronto Western Hospital Pulmonary Rehab Program as our guest speaker for support group this month!

### What is Pulmonary Rehab?

Working with adults with chronic lung disease to improve the ability to care for themselves. Patients learn skills to stay healthy, exercise, cope better and ensure proper nutrition and ways to better control their fatigue and shortness of breath. Patients attend weekly sessions for a maximum of 3 times a week (total of 36 sessions). Patients should have already quit smoking in order to be eligible for the program.

### What Should I Bring To Pulmonary Rehab?

- A list of all the medications you are currently taking
- Bring medications that you need to take throughout the day (this is important as appointments can sometimes take up the majority of the day!)
- Equipment - if you are currently on home O2 please bring your tank with you ☺
- Trusted Friend or Family Member - It is important that patients have support - especially emotional support. Your friend or family member can always encourage you to make positive choices, help you take notes and ask questions during your appointment

Help Support Interstitial Lung Disease and Pulmonary Fibrosis and JOIN THE PF WALK!!!

Summer will be upon us before we know it! Last year, the Pulmonary Fibrosis Foundation hosted its first annual PFF Walk in Chicago and raised more than \$230,000 to fund crucial research, increase awareness, and sustain vital programs that help support people with PF and their families.

This year, the PF Walk will be in New York City in the beautiful Central Park on June 23, 2018. There is still time to register! If interested please see the following link:

<http://www.pulmonaryfibrosis.org/get-involved/pffwalk>