



IPF Management Considerations

Dr. Lisa Lancaster: Hi, I'm Dr. Lisa Lancaster. I'm here in Toronto with Dr. Maria Padilla and we're discussing idiopathic pulmonary fibrosis and new changes and strategies and management of these patients. Thank you for being here Maria. Maria, let's talk about some other management strategies for IPF patients outside of the FDA approved therapies. What else are you offering your patients?

Dr. Maria Padilla: Well, before we had the antifibrotic medications, we address the comorbidities of the patients. Patients as well as their significant others, carry a lot of anxiety about this disease. So again, education of the patient is important, but there are certain comorbidities that we see constantly and frequently in these patients. They decondition. They can develop emotional discomfort and anxiety about this disease, and worries because it's a real disease. They may develop lung cancer with a small incidence, thank God, but that is something that we need to monitor. Pulmonary hypertension is one of the comorbidities that usually affect our patients. The sleep disorder, breathing that affects our patient can impact their quality of life. So if we address all of these issues with our patient, the quality of life is going to be improved and their survival may also be impacted by addressing these issues.

We look for these comorbidities, and any opportunity that we have to treat our patients, we do so. Pulmonary rehab is excellent and helps patients emotionally as well as physically to deal with this disease. Treating the comorbidity of sleep, as you know well, does also impact their wellbeing and that's important to do. Also discussing with them when is the time to proceed with transplantation. When is the time to back off of some of the therapies that we're doing, because the progression of the disease is such that we know that their survival is going to be impacted. So these are the things that we address when we see our patients with idiopathic pulmonary fibrosis or any other fibrotic lung disease, which we're seeing a lot more.

Dr. Lisa Lancaster: Absolutely, and I think you hit on some key points, and that's taking care of the patient globally and hitting on all of those elements that may affect their quality of life and shortness of breath, from rehab to other diseases and diagnoses that may impact that quality of life and shortness of breath. Those are great points Maria, thank you for that.

Dr. Maria Padilla: Cough, I shouldn't forget cough, which intractable cough in some of our patients is a debilitating complaint and is sometimes very difficult to treat. I think we still need trials and to address the cough of our patients with it. A lot of medications are coming out that may offer some relief of that.

Dr. Lisa Lancaster: Right. Well, we're excited about a couple studies that hopefully will impact cough therapy in IPF.

Dr. Maria Padilla: Absolutely.

Dr. Lisa Lancaster: That was a great summary. Thank you so much Maria.

Dr. Maria Padilla: Thank you Lisa.