



# WHAT IS IPF?



Irish Lung Fibrosis Association  
[www.ilfa.ie](http://www.ilfa.ie)

**I** Idiopathic (unknown cause)    **P** Pulmonary (lungs)    **F** Fibrosis (scarring)

A condition that causes scarring of the lungs

Lungs are exposed to many particles, types of dust, chemicals and toxins. Healthy lungs repair the damage continuously. Pulmonary fibrosis makes the repair process go out of control and produce too much scar tissue causing fibrosis.

Scar tissue makes the lungs stiff, making it harder for oxygen to get into the blood. Low oxygen levels cause shortness of breath and other symptoms.

IPF mostly occurs in older adults, usually in people over 50 years of age. There is currently no cure for IPF but medicine can slow down the disease for some people.

