

Welcome to the Quest for Breath IPF Support Group

All people experiencing IPF - patients and their loved ones - are invited to participate in the Quest for Breath IPF Support Group meetings held at the University of Michigan Health System Pulmonary Rehabilitation Program suite. It is not necessary to be a current patient at The University of Michigan in order to attend.




Support group meetings are professionally facilitated and feature guest speakers providing current medical information on topics of particular concern to IPF patients and their family members.

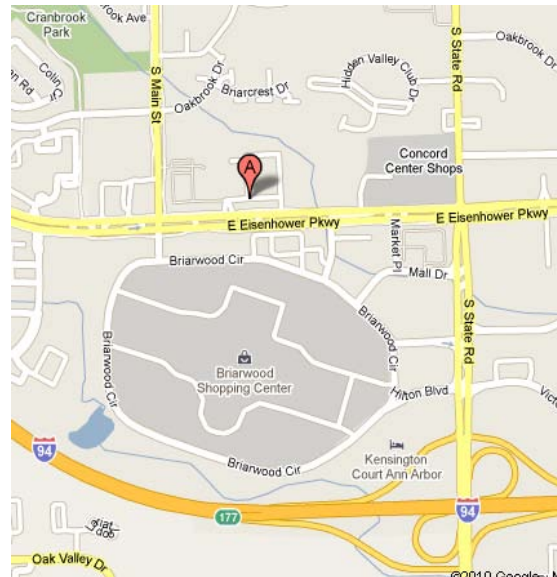
We welcome your attendance and invite you to become a part of this community of support.



Support Group Contact Information

For more information about the support group or information about IPF, please contact us at:

-  **Toll-free phone:** (866) 860-0026
-  **Email:** questforbreath@umich.edu
-  **Website:** www.questforbreath.org



UMHS
Pulmonary Rehabilitation Prog.
Burlington Office Center
325 E. Eisenhower Pkwy.
Ann Arbor, MI, 48103

The Quest For Breath Idiopathic Pulmonary Fibrosis Support Group



No One Should Feel Alone
www.questforbreath.org





In collaboration with
The
University of Michigan
Health System



What is Quest for Breath?




Quest for Breath is a volunteer organization created in 2004 to support Idiopathic Pulmonary Fibrosis (IPF) research at the University of Michigan Health System.

Just as there are four points on the QFB pinwheel logo, our goals are fourfold:

-  Raise donations for research efforts
-  Create awareness
-  Give hope to patients
-  Create a community

Support Group Information

The Quest for Breath IPF support group meets monthly:

-  **Dates:** Second Saturday of each month
-  **Time:** 10:00 am to 12:00 pm
-  **Location:** University of Michigan Health System, Pulmonary Rehabilitation Program, lower level, Burlington Office Center, 325 East Eisenhower Pkwy, Ann Arbor, MI, 48103.









What is Idiopathic Pulmonary Fibrosis?

Idiopathic Pulmonary Fibrosis is a form of pulmonary fibrosis that has no known cause; researchers think it may result from an autoimmune disorder or the after-effects of a viral or other infection. The disease involves progressive scarring of the lung tissue that blocks the ability to breathe. Experts estimate that IPF currently affects five million people worldwide and between 200,000 and 300,000 people in the U.S.

As with any life-threatening disease, IPF patients often feel isolated. This feeling of isolation can be exacerbated by the fact that the cause of IPF remains unknown, there are few treatment options and the disease is not familiar to most of the general population. Most people have never heard of IPF until they or a relative are diagnosed with it. In addition, physical distance from treatment centers, the need for supplemental oxygen and decreased activity tolerance all combine to further increase IPF patients' sense of loneliness.

Quest for Breath has created this support group so that patients and their families will feel that they **are not alone** in living with this disease. We hope that participation in this group will provide not only valuable information, but also a support network for IPF patients and their families.

Frequently Asked Questions

-  **Should I bring my oxygen tank?** Yes, please bring your own oxygen tank(s).
-  **What else should I bring?** You, your family and friends for support.
-  **Will food be provided?** Beverages will be provided. Please feel free to bring a snack or sack lunch.
-  **Do you have a map for directions?** Yes, our map is located on the back of this brochure and online.
-  **Is there a website I can look at for further information?** Yes, our website listing is www.questforbreath.org.
-  **What is discussed at the meetings?** Topics of particular concern to IPF patients and their family members as well as current medical information on IPF.
-  **Who should I contact if I have questions?** Please contact us toll-free at (866) 860-0026.
-  **I want to talk to a facilitator about this support group, who should I talk to?** Please contact Julie Hyzy, MSW, at (734) 657-6605 or e-mail: juliehyz@med.umich.edu