



# Pulmonary fibrosis

## What is pulmonary fibrosis?

Pulmonary fibrosis is the end result of many different conditions that cause scar tissue to build up in your lungs and make breathing increasingly difficult. All types of pulmonary fibrosis are considered rare.

Pulmonary fibrosis is an interstitial lung disease (ILD). There are more than 200 different ILDs.

- » **pulmonary:** it affects your lungs
- » **fibrosis:** a build-up of scar tissue, which makes your lungs stiff
- » **interstitial:** affects your interstitium, the network of tissue that supports the air sacs in your lungs

Some types of pulmonary fibrosis have an identifiable cause. But for many types, a definite cause cannot be found, for example idiopathic pulmonary fibrosis.

We do not always know what causes pulmonary fibrosis. We do know it is not a form of cancer or cystic fibrosis, and it is not contagious.

Interstitial lung diseases cause scarring in your lungs, inflammation in your lungs or a mix of both. Some mostly cause scarring. Some mostly cause inflammation. Often there is a combination of scarring and inflammation. It's important to know which is the major cause of your symptoms to help decide the best treatment for you.

The treatment and outlook for different types of pulmonary fibrosis vary considerably, so if you're not sure about your diagnosis, check with your doctor or nurse for the exact name of your lung condition.

If you want to know about a type of pulmonary fibrosis or ILD that is not covered in our information, call our helpline on 03000 030 555.

Get in touch with us to find support near you.

Helpline: 03000 030 555

Monday to Friday, 9am-5pm

Ringling our helpline never costs more than a local call and is usually free, even from a mobile.

[helpline@blf.org.uk](mailto:helpline@blf.org.uk)

[blf.org.uk](http://blf.org.uk)

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We value feedback on our information. To let us know your views, and for the most up to date version of this information and references, call the helpline or visit [blf.org.uk](http://blf.org.uk)

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