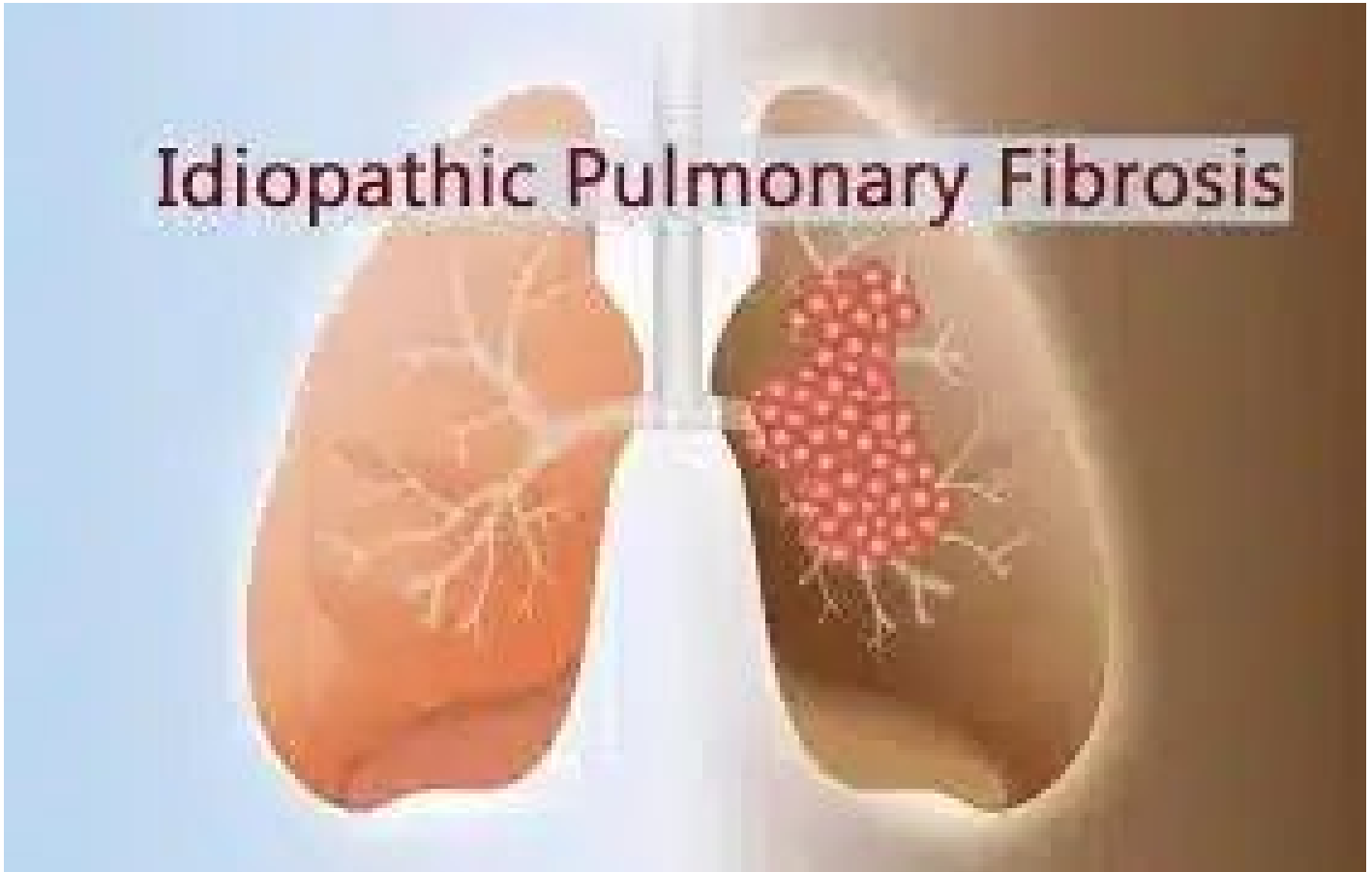


Idiopathic Pulmonary Fibrosis

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About Idiopathic Pulmonary Fibrosis:

- It is a serious chronic disease that **affects the tissue surrounding the air sacs**, or alveoli, in the lungs.
- The **lung tissue becomes thick and stiff** for unknown reasons — causing permanent scarring in the lungs over time.
- Fibrosis can make it progressively more difficult to breathe for the patient.
- Complications from IPF include **pulmonary hypertension and respiratory failure**, which happen when the lungs cannot deliver enough oxygen into the bloodstream without support. This prevents the brain and other organs from getting the oxygen they need.
- Individuals with a history of **smoking or a family history** of IPF are at higher risk. The **risk also increases with age**, making older adults more susceptible to developing the disease.
- **Symptoms**
 - Common symptoms include **shortness of breath and a dry cough** — both of which are likely to get worse over time.
 - Patients might also have **aching muscles and joints** as well as feeling extreme tiredness.

- A gradual, **unintended loss of weight** and generally feel unwell. Symptoms also include rapid, shallow breathing and clubbing — a widening and rounding of the tips of the fingers or toes.

- **Treatment**

- There is **no cure for IPF**, but some treatments can help slow lung damage and improve quality of life.
 - Medications like **Nintedanib or Pirfenidone** can help the lungs function better and reduce flare-ups.
 - Oxygen therapy can improve breathing and exercise capacity, while ventilator support may be needed for severe cases.
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Q1: What are Alveoli?

These are tiny, balloon-shaped air sacs located at the end of the bronchioles, the branch-like tubes in the lungs. The alveoli move oxygen and carbon dioxide (CO₂) molecules into and out of your bloodstream.

News: Zakir Hussain's death from Idiopathic Pulmonary Fibrosis (IPF): What causes it and who is most vulnerable to it?

Source: <https://vajiramandravi.com/current-affairs/idiopathic-pulmonary-fibrosis/>

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