

# Make Every Visit Count

## Doctor Discussion Guide

To help patients diagnosed with an ILD learn more about PH-ILD

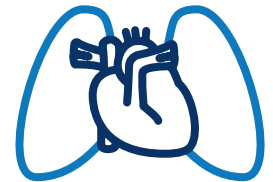


**Every patient's situation is unique, so your care plan should be personalized to fit your specific needs.** Use this guide to navigate conversations with your healthcare team so that, together, you can build a care plan that addresses every aspect of your condition and symptoms. Be sure to share exactly how you are feeling and any changes you've noticed—and ask detailed questions—at every visit.



## You have an interstitial lung disease, but could you have pulmonary hypertension, too?

An evaluation for pulmonary hypertension (PH) can be an important step in your care plan. Some ILD symptoms closely resemble certain PH symptoms, which makes it difficult to distinguish between the 2 conditions. Determining if you have both an ILD and PH is essential to creating a plan that guides your care in the best way possible.



## Why is tracking your symptoms and oxygen use important?

1. Detailing your observations about your symptoms and oxygen use helps your healthcare team to better understand and manage your condition
2. Keeping a record is the best way to be prepared for every visit
3. Early detection of changes in your symptoms could trigger your healthcare team to prioritize PH screening

Be clear and specific with your healthcare team about any changes in how you feel or in your need for supplemental oxygen—and about the activities you can do and those that cause you to have symptoms.

### Stay Informed



Be among the first to know when we add new resources and education about lung disease and PH. Sign up for updates at [learnaboutphild.com](http://learnaboutphild.com) or scan to visit the website.

### Doctor Discussion Notes

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### PH Referrals/Recommendations

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# Preparation & communication make your care better

An open dialogue with your healthcare team can make a big difference in your care. This guide will help you navigate discussions and ask important questions. You should also record your symptoms and activities between appointments using the **Symptom & Visit Tracker**, and bring it to appointments along with this guide.

Being prepared for every visit gives your healthcare team the information they need to recommend the best care plan for your unique situation.

## Keep a Record



Scan to access and download the Symptom & Visit Tracker, and bring it to each appointment.

### Ask your healthcare team ...

### Why is this important to discuss?

#### Is my lung disease considered an interstitial lung disease?

Knowing if your lung disease is an ILD is important. With many ILDs, lung tissue is “fibrotic” (thick and scarred), which can affect the way your lung disease is managed. Also, because ILDs and PH can sometimes go hand in hand, knowing if your lung disease is an ILD is the first step in determining if you should be screened for PH.

#### What changes in my symptoms might be clues that I may have or could be developing PH?

Because ILDs and PH have overlapping symptoms as well as some subtle differences, you need to watch closely for any changes in your symptoms and tell your healthcare team about them. Your healthcare providers can tell you how to monitor your symptoms, what PH assessments may be needed, and if you may need to consult with another specialist.

#### Have my test results changed from my last visit? If so, how?

Tests that help monitor your ILD can also help detect PH, so having them regularly—and discussing the results with your healthcare team—should be a priority. These tests can include a 6-minute walk test to evaluate your exercise capacity, the NT-proBNP/BNP blood test to look for signs of strain on your heart, and pulmonary function tests to assess how well your lungs are performing.

#### How will you determine if I need to be tested for PH?

This question helps you learn more about PH and the tools your doctor uses to assess for PH. It may include reviewing test results, having new or different tests, or tracking changes or patterns in your symptoms and oxygen use over time. This information, along with the details you provide about your symptoms and oxygen use, will help your healthcare team determine if PH screening should be considered.

#### If it's possible I also have PH, would I consult with another specialist?

We know that patients with ILD can develop PH—that’s why regular assessments are important. Although PH and ILD are different conditions, the symptoms can be similar. Most lung specialists treat interstitial lung diseases, whereas other doctors specialize in PH, and a few may do both. A PH specialist knows how to assess for PH and exactly which tests are needed—some of which differ from ILD tests. If your doctor is not a PH specialist, they might suggest a consultation with a PH specialist.

#### Are adjustments needed to my lifestyle and/or care plan—and is there more I can do?

Lifestyle changes could influence how you feel. Discuss what you can do to feel better with your healthcare team. They might recommend lifestyle changes like quitting smoking, using a supervised exercise program, improving your diet, or adding supplemental oxygen if you haven’t already. You can also ask your doctor if you might be a candidate for any available clinical trials.

#### What are the next steps?

This question helps you and your healthcare team think about your future care. Be sure to ask this question at every visit and to take note of your healthcare team’s advice, and remember to follow through on their requests.