

THE PF PERSPECTIVES PROJECT

THREE LAKES
FOUNDATION



PF Perspectives Project – Sample Entry

You can share your story through video or a written statement. Below is an example of a written entry. As a reminder, written entries should be 250 words or less. Videos can be 1-2 minutes and recorded in an informal, "selfie-style" format.

Hi, I'm Norm and I have idiopathic pulmonary fibrosis. I was diagnosed with IPF in 2018, when I had a nagging cough that just wouldn't go away. My wife kept asking me to see a doctor — a few months later I did. I ended up going to a couple different doctors because I wasn't getting better. I finally got my IPF diagnosis at an ILD center. At that point, my health had deteriorated and I now rely on oxygen daily.

The biggest challenge I see is worrying about having enough oxygen when out of the house. I have been limited to 2-hour, well-planned trips outside my home, which means there is very little variety in what I do. I really like fishing but a trip to the tackle shop is now an effort, and the days of standing on a bank with a pole seem nearly impossible. It's made me feel more cut off from regular life. The special occasions when I do leave require advanced planning, helpers to carry oxygen and get me into the car, and then a lot of anxiety about leaving on time and having enough oxygen to make it back home. I'm always checking to see if I have enough air, and it's hard to be in the moment. Extending battery life or making small tanks that can last longer might make those trips a little less daunting. And, if the tanks weren't so heavy, maybe fishing wouldn't seem like such a dream. Thanks.