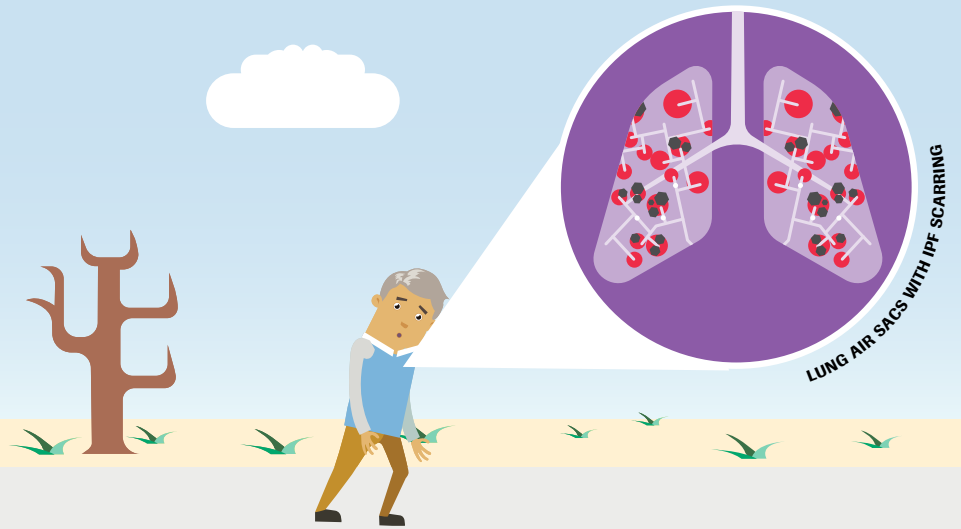
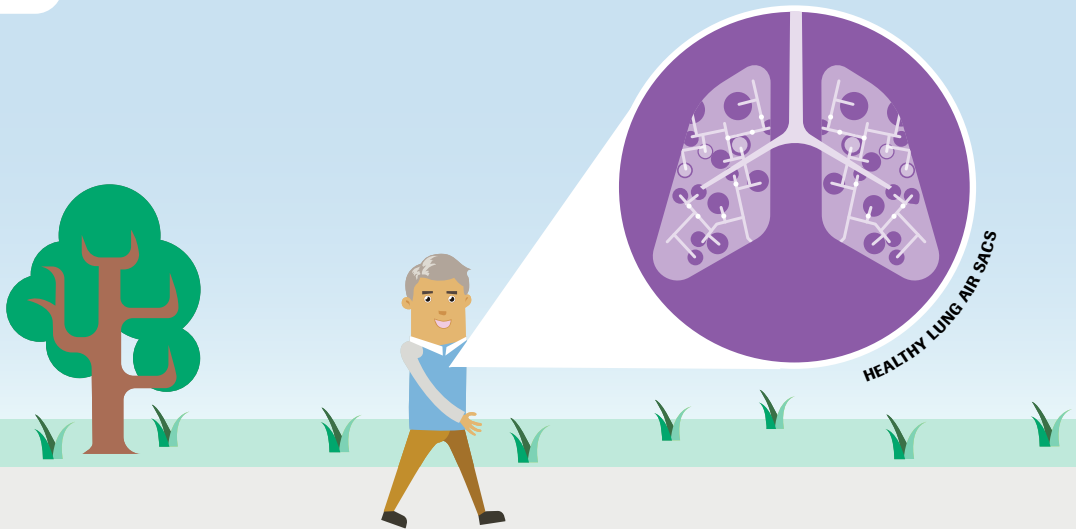


The Value of One Breath in Idiopathic Pulmonary Fibrosis (IPF)

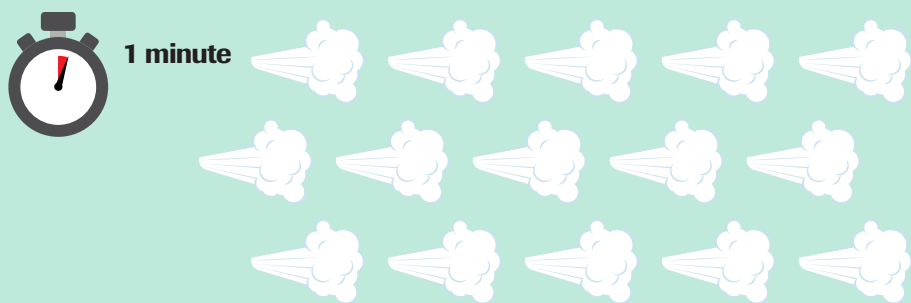
Roche

For most of us, breathing is effortless.

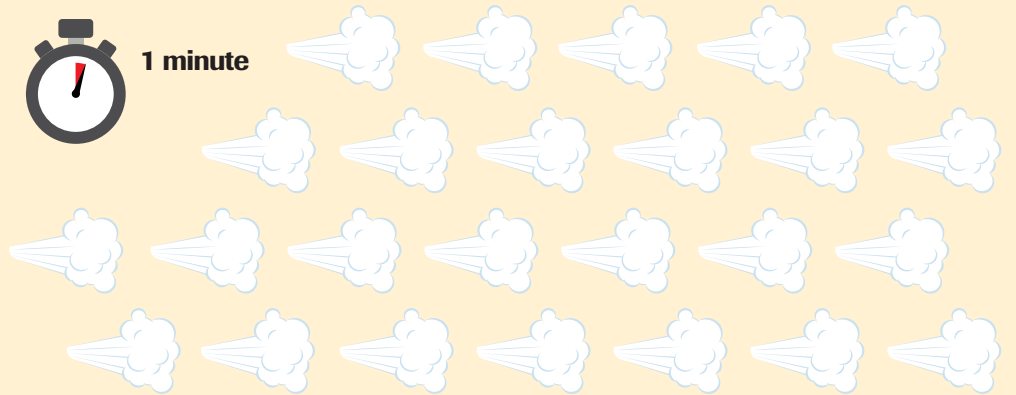
But IPF causes scars to build in the lungs, making it harder and harder to breathe.



A healthy adult has **15 breaths per minute** at rest.



An adult with IPF needs **25 breaths per minute** at rest.



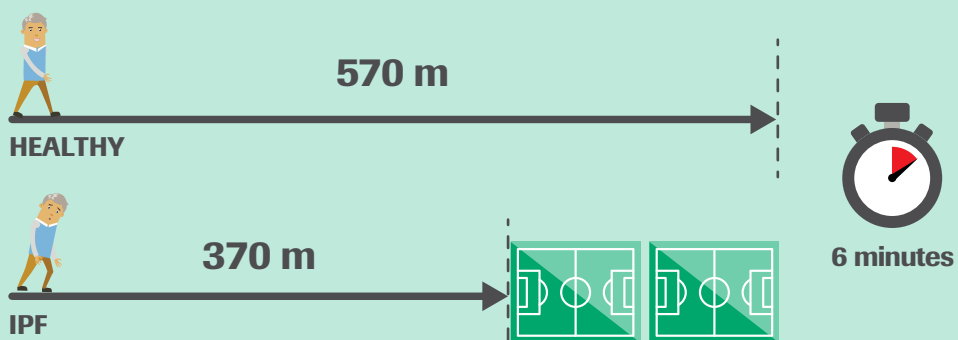
Average adults breathe **7-8 litres of air per minute.**



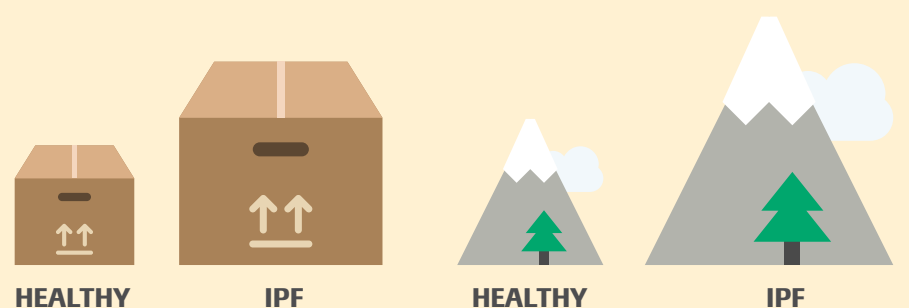
That's 550 litres of pure oxygen per day. Enough to fill **3 bath tubs!**



In six minutes a healthy adult can walk **200 metres further** than an adult with IPF. That's about the length of **two football fields!**



It takes **70% more effort** for people with **IPF** to do the **same activity.**



Every Breath Matters. Today is the Day to Fight IPF.

How stuff works: Health, <http://health.howstuffworks.com/human-body/systems/respiratory/question98.htm>. Last accessed: 02 August 2016. | Carney et al, 'Clinical Sleep Disorders', Section VI, 'Sleep Patients with Other Medical Disorders', Lippincott Williams & Wilkins, 2012 | Casanova, C et al, 'The 6-min walk distance in healthy subjects: reference standards from seven countries', European Respiratory Journal, 2011 37: 150-156 | Swigris et al, 'The 6 minute walk in idiopathic pulmonary fibrosis: longitudinal changes and minimum importance difference', Thorax, 2010 65: 173-177