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

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.

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