

Idiopathic Pulmonary Fibrosis

From the website of Dr. Andy Hall: <https://ipflaserstudy.com/>

My name is Dr. Andrew Hall. I am a Chiropractor from Sonora, California. I own Summit Chiropractic and Therapeutic Laser Center.

A horrible uncontrollable cough and difficulty breathing prompted a trip to the Pulmonologist. I was diagnosed with Idiopathic Pulmonary Fibrosis (IPF) in October of 2014. My Pulmonologist seems to think 40 years exposure to X-ray developing chemicals caused the IPF and felt that I had probably about 5 years to live. I began laser therapy on myself in my office, thinking 'what have I got to lose,' either it will help or it won't.

Amazingly, a subsequent Pulmonary Function Test (PFT) showed much improvement. The Pulmonologist said he was shocked as this disease "never improves." Later, I had another CT scan that showed no additional 'honey combing' in the lungs. Another PFT was performed and again, more improvement. Blood Oxygen levels were stable at 97-99%. 3 more PFT's were performed and they all improved again except one that showed no change. Another round of CT scans and PFT were performed in October 2017, CT scan shows still no more new honey combing. More improvement with the PFT showing more improvement with the Vital Capacity. Blood Oxygen levels continue at 97-99%. The Pulmonologist continues to be amazed.

I am going on my 4th year after my diagnosis and am thrilled with my progress. I run a busy practice and yet take weekly 3-5 mile hikes and am extremely active. I cough less and less. I feel good and have the stamina of most other 65-year-old men. I have hope that I didn't have when I was first diagnosed.

I shared my story of laser success on EarthClinic.com and began having people with IPF contact me. We found each of them a doctor with a Class IV therapeutic laser and they began treatment. ALL patients have improved with the use of a laser.

Idiopathic Pulmonary Fibrosis (IPF) is a serious disease of the lungs that involves fibrous tissue building in the lungs that lowers the ability of the lungs to provide Oxygen to the blood. The fibrous tissue most often has a honeycomb appearance and usually starts at the bottom of the lungs and works its way up as the disease progresses.

According to The Lung Institute, shortness of breath is the main symptom, and other symptoms often include coughing, weakness, fatigue, achy joints and weight loss. According to the NIH, studies have shown that most patients don't survive 5 years after diagnosis with 2/3 of patients expiring between 3-5 years. 20% will survive more than 5 years and some of those live for many years as the disease progression is much slower for them. It is reported that there are approximately 135,000 IPF patients in the USA according to ICDA reporting. There are 34,000 new cases a year in the US. Prevalence is estimated more for men with 20.2/100,000 than women 13.2/100,000. The mean age at presentation is 66.

There does not appear to be any one cause for IPF. Idiopathic means unknown cause. It is called idiopathic pulmonary fibrosis because the vast majority of cases don't have a known cause for it. Many

doctors in the US believe it is due to chemical exposure including Asbestos. Many other doctors feel the cause can be attributed to radiation treatment, allergens, Mycoplasmas, molds and fungus infections. Often there appears to be a genetic component. The condition is characterized by an overexpression of profibrotic cytokines and relative deficiency of interferon gamma.

Another valuable source of information can be found from the Pulmonary Fibrosis Foundation located at: www.pulmonaryfibrosis.org