

Pulmonary Fibrosis Stories

Early Diagnosis Makes All The Difference

Deb Murray, 70, lives on the NSW Central Coast. She is a proud mum of 3 and grannie to 5.

Deb leads a vibrant, active life, something she attributes to the early diagnosis and management of her idiopathic pulmonary fibrosis (IPF).



Deb's journey began unexpectedly in 2019, after a fall at work. A precautionary chest x-ray revealed some unusual spots on her lungs.

Rather than dismissing the findings, her GP acted quickly, referring her to a respiratory specialist. **'That decision changed everything,'** says Deb.

Following her initial consultation, she was diagnosed with idiopathic pulmonary fibrosis, a chronic and progressive lung disease. The respiratory specialist referred her to RPA Hospital in Sydney, where she was seen promptly and provided with critical information about the disease and her treatment options.

Deb started taking Nintedanib (Ofev), one of the antifibrotic medications used to slow the progression of IPF. Fortunately, she tolerated the medication well.

'I was lucky, I had fast access to medication and the support to understand how to manage my condition,' she reflects.

Equally important to Deborah's care was access to pulmonary rehabilitation, which gave her the tools and confidence to manage daily life with IPF.

'Pulmonary rehab taught me how to stay active, conserve energy, and make small changes that make a big difference,' she says.

Since diagnosis, Deb has taken part in several clinical trials and remains an advocate for research.

'I'm so grateful for the research community. It gives me hope, not just for better treatments, but maybe even a cure one day.'

Five years on from her diagnosis, Deb still enjoys time with her family and friends, stays as active as possible and is living well with her condition.

Deb's story is a powerful reminder of the importance of early detection, timely treatment, and patient education in managing pulmonary fibrosis.

'Because my diagnosis came early, I was able to start treatment straight away. This gave me the best chance to live well and enjoy the things that matter most.'

-Deb Murray



Centre of Research Excellence in
Pulmonary Fibrosis

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Pulmonary Fibrosis
Awareness Month

2025