



# MAC Lung Disease

## Mapping Your Journey

## Questions to Ask Your Physician

You probably have a lot of questions about MAC Lung Disease. An open and honest conversation with your doctor is the first step toward successful treatment journey. Use these questions to:

- Start a conversation with your healthcare provider.
- Help you research MAC Lung Disease on the CHEST Foundation website and other online resources.



### DIAGNOSIS

1. What is MAC Lung Disease?
2. How did I get MAC Lung Disease?
3. Is MAC Lung Disease the same as NTM (nontuberculous mycobacteria)?
4. Is NTM the same as bronchiectasis? Do I have both?
5. Is there a cure?
6. Am I contagious?



### TREATMENT

1. What are my treatment options?
2. What happens if I'm not treated right away?
3. How long will I need to take medication?
4. What are the side effects of the medication and how will you watch for them?
5. How will you know if the medication works?
6. Will I need any changes to my treatment plan?
7. Will I need surgery?



### LUNG HEALTH

1. Should I keep my airways clear of mucus? If so, what can I do to improve my airway clearance?
2. What else can I do to help my lungs?
3. How can I avoid MAC bacteria in the future?
4. Do I need any vaccines?
5. What should I do if I have other lung conditions, such as bronchiectasis?



### LIFESTYLE CHANGES

1. Should I exercise to help my lungs?
2. Are there activities I should avoid?
3. Do I need to change what I eat?



### AFTER TREATMENT

1. What kind of care will I need after my treatment?
2. How often will I need to see my doctor after I finish treatment?



Get more information at  
[CHESTFoundation.org/NTM](https://www.chestfoundation.org/NTM)  
and [AboutNTM.com](https://www.aboutntm.com)

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