

Disease makes daily tasks difficult

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adequate oxygen supply turning everyday activities into difficult tasks.

Eventually, people with IPF require oxygen therapy.

That's why Gillies is walking his six-minute marathon. He'll be joined by his two young grandchildren and his wife.

"To know that this disease is eventually going to take you, is something you want to respond to physically and mentally as well," he said. "Having the family support sure helps your mental condition."

Gillies works closely with his Toronto-based doctor, Dr. Shane Shapera, on a treatment

plan and staying fit by swimming, cycling and golfing to help maintain lung function and stay active.

'To know that this disease is eventually going to take you, is something you want to respond to physically and mentally as well.'

Gillies will run his marathon during the Toronto Waterfront 10K this Saturday at 7:30 a.m.



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