CHRONIC INTERSTITIAL (RESTRICTIVE, INFILTRATIVE) LUNG DISEASES

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It’s hard to get the air IN

It’s hard to INhale

Lung volume and capacity are DEcreased

- **Total lung capacity: (TLC) is the volume of air in the lungs upon the maximum effort of inspiration.**
- **lung compliance: is a measure of the lung’s ability to stretch or expand**

CHRONIC INTERSTITIAL LUNG DISEASES

- Called **RESTRICTIVE or INFILTRATIVE**
- Heterogeneous group
- Characterized predominantly by **bilateral**, often **patchy, pulmonary fibrosis** mainly affecting the **walls of the Alveoli**
- Many entities in this group are of **unknown cause and pathogenesis.**

- Frequent overlap

- categorized based on **clinicopathologic features and histology (classification table, slide 8)**

- **The hallmark** is **reduced compliance (stiff lungs),** resulting in **increased effort to breathe (dyspnea)**

- the damage to the alveolar epithelium and interstitial vasculature results in **abnormal ventilation–perfusion ratio**, leading to **hypoxia.**

- Chest radiographs : small nodules, irregular lines, or “ground-glass shadows.”

- With progression→ respiratory failure, pulmonary hypertension, and cor pulmonale

- When advanced all result in:
  - diffuse scarring and gross destruction of the lung, referred to as **end-stage or “honeycomb” lung**.
  - so the etiology of the underlying diseases may be difficult to determine

HONEYCOMB LUNG

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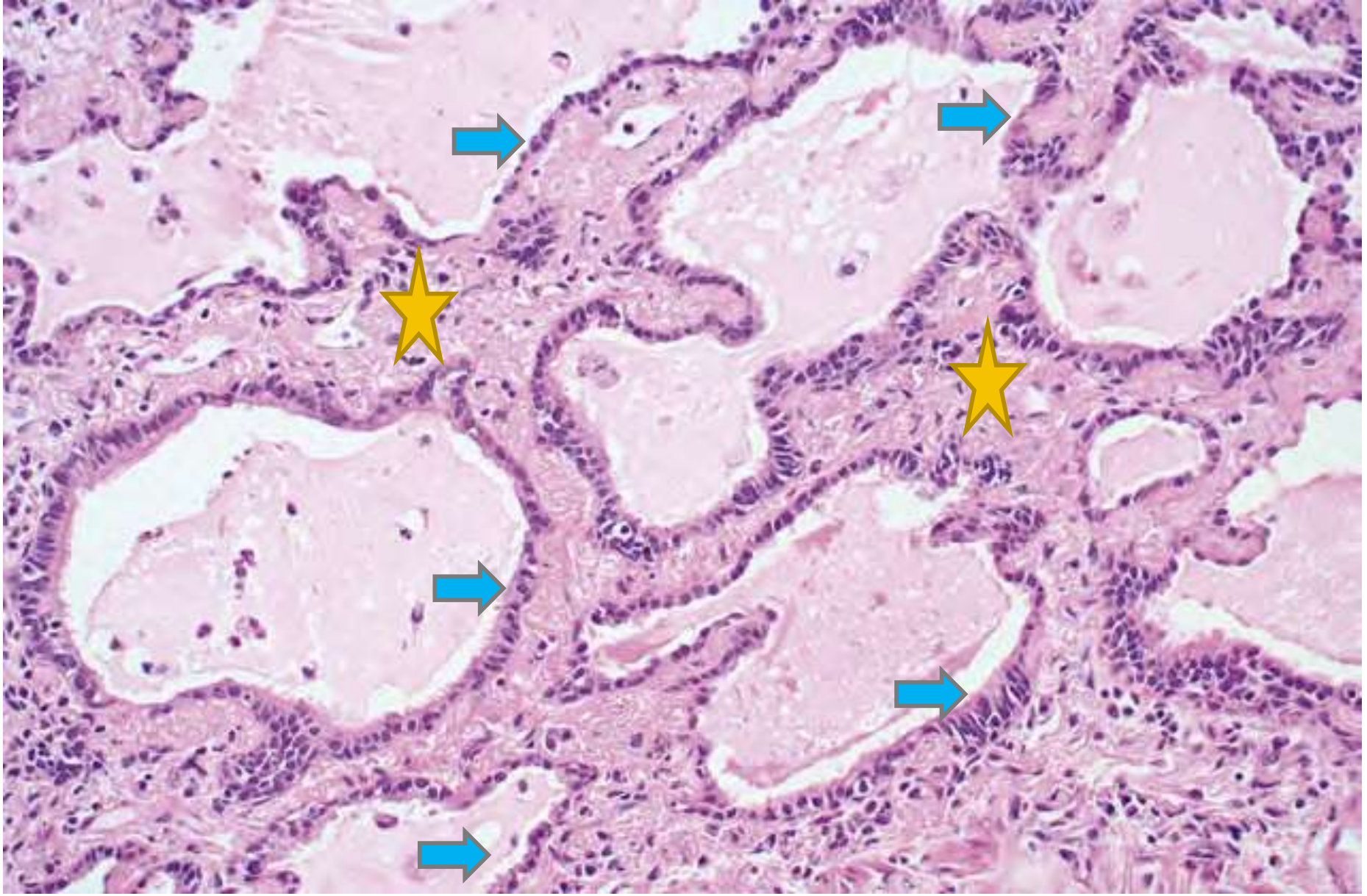

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Table 12–3 Major Categories of Chronic Interstitial Lung Disease

Fibrosing
Usual interstitial pneumonia (idiopathic pulmonary fibrosis)
Nonspecific interstitial pneumonia
Cryptogenic organizing pneumonia
Associated with collagen vascular disease
Pneumoconiosis
Associated with therapies (drugs, radiation)
Granulomatous
Sarcoidosis
Hypersensitivity pneumonia
Eosinophilic
Loeffler syndrome
Drug allergy–related
Idiopathic chronic eosinophilic pneumonia
Smoking-Related
Desquamative interstitial pneumonia
Respiratory bronchiolitis

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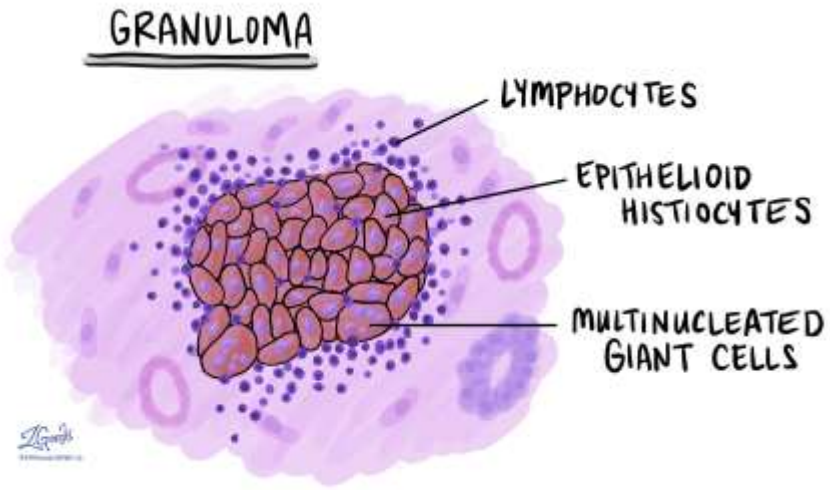
GRANULOMATOUS DISEASES



GRANULOMATOUS DISEASES

- **Sarcoidosis**
- **Hypersensitivity pneumonia**

SARCOIDOSIS

- **Multisystem disease of unknown etiology**
- characterized by **noncaseating granulomas** in many tissues and organs.
- Diagnosis **of exclusion**.
- Clinically

INTERESTING EPIDEMIOLOGIC TRENDS:

- ✓ A consistent predilection for **Adults < 40 years of age.**
- ✓ A higher prevalence among **nonsmokers**

ETIOLOGY AND PATHOGENESIS

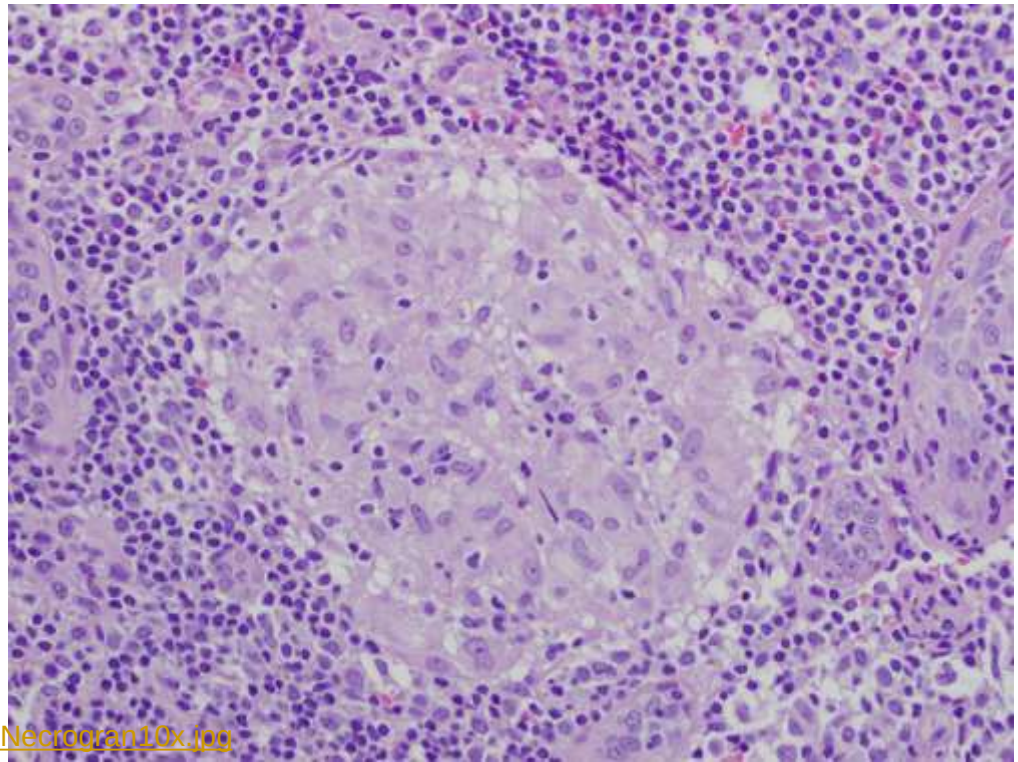
- the etiology is **unknown**

- research evidences suggest that it's a **Disordered immune** regulation in **genetically predisposed persons exposed to certain environmental agents**.

- Cell-mediated response to an unidentified antigen, driven by **CD4+ helper T cells**

MORPHOLOGY

- **Noncaseating epithelioid granuloma:**
  - discrete, compact collection of epithelioid cells rimmed by an outer zone rich in CD4+ T cells with intermixed multinucleate giant cells.



https://en.wikipedia.org/wiki/File:Necrogran10x.jpg

- Caseation necrosis typical of tuberculosis is **ABSENT.**

https://medpics.ucsd.edu/

SHAUMANN BODIES

- Small foci of necrosis may be present in sarcoid granulomas, especially in the nodular form

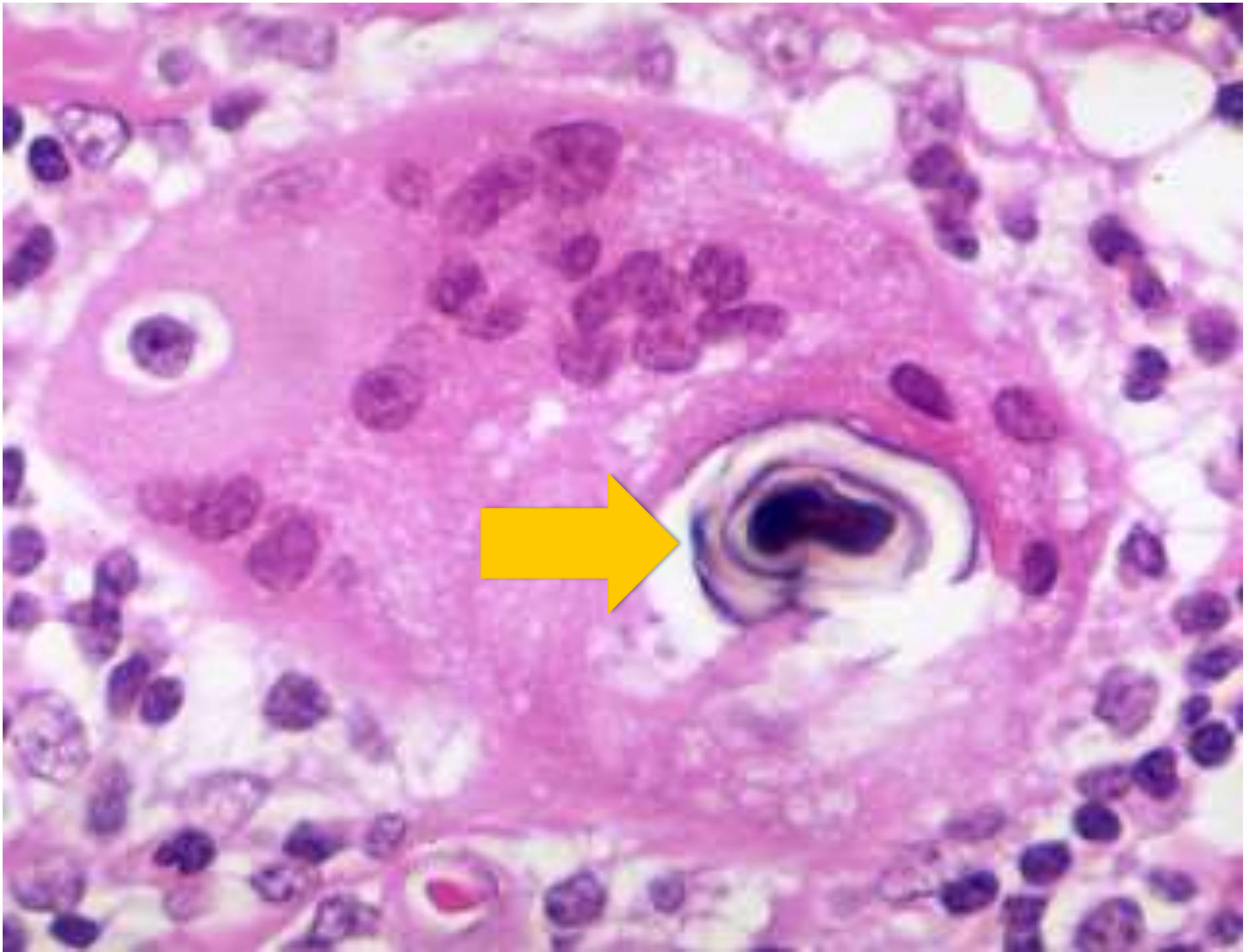
- Overtime, granulomas replaced by hyalinized scars.

- In the granulomas:

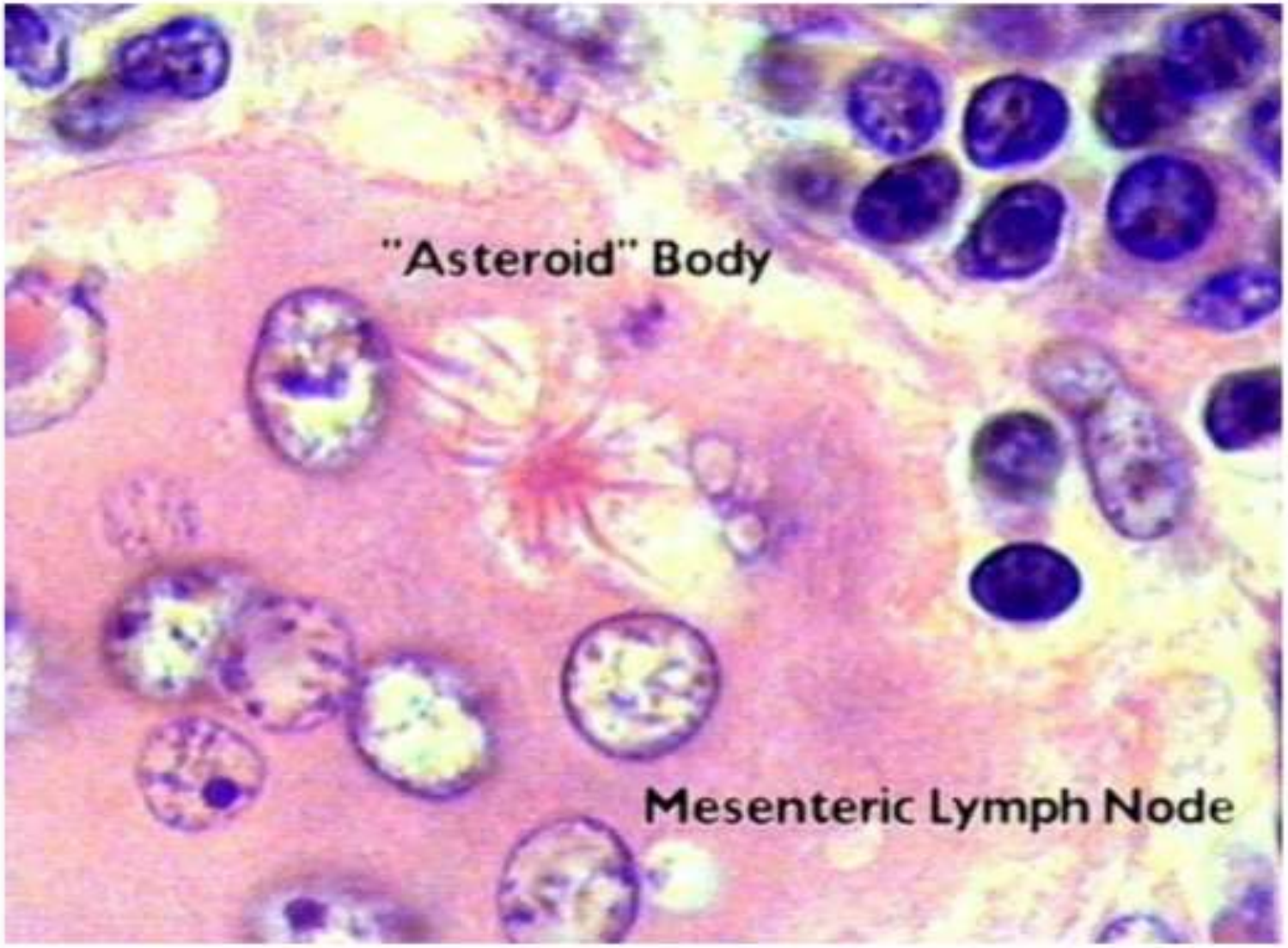
  1- **Schaumann bodies**:

  ✓ laminated concretions composed of calcium and proteins

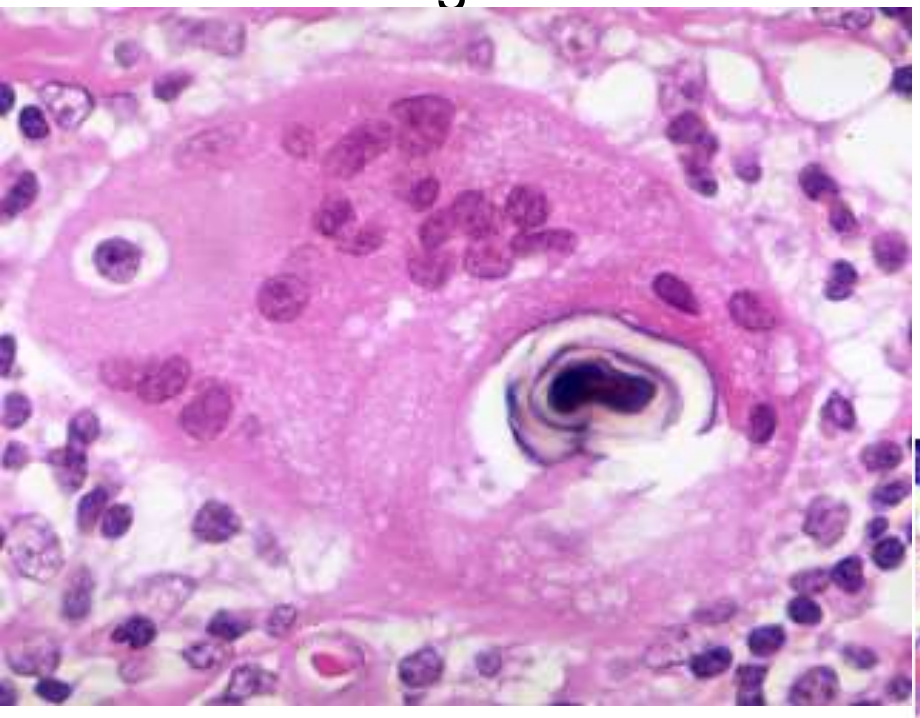
https://www.flickr.com/photos/pulmonary_pathology/6152064242



Asteroid body

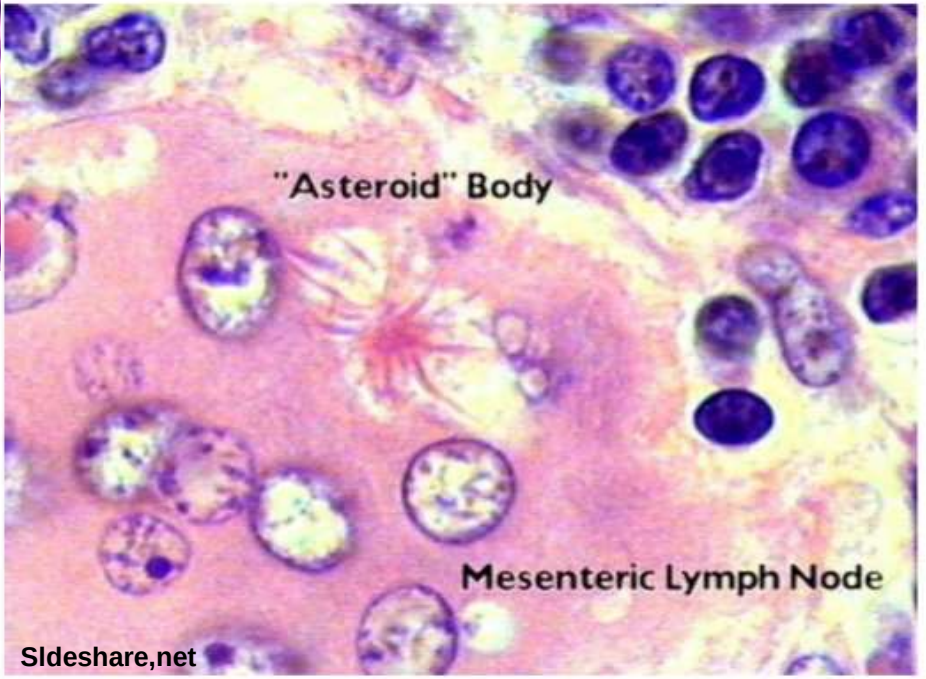


- The presence of both bodies is not required for diagnosis of sarcoidosis, and they may also occur in granulomas of other origins.



SHAUMANN BODIES

Asteroid body



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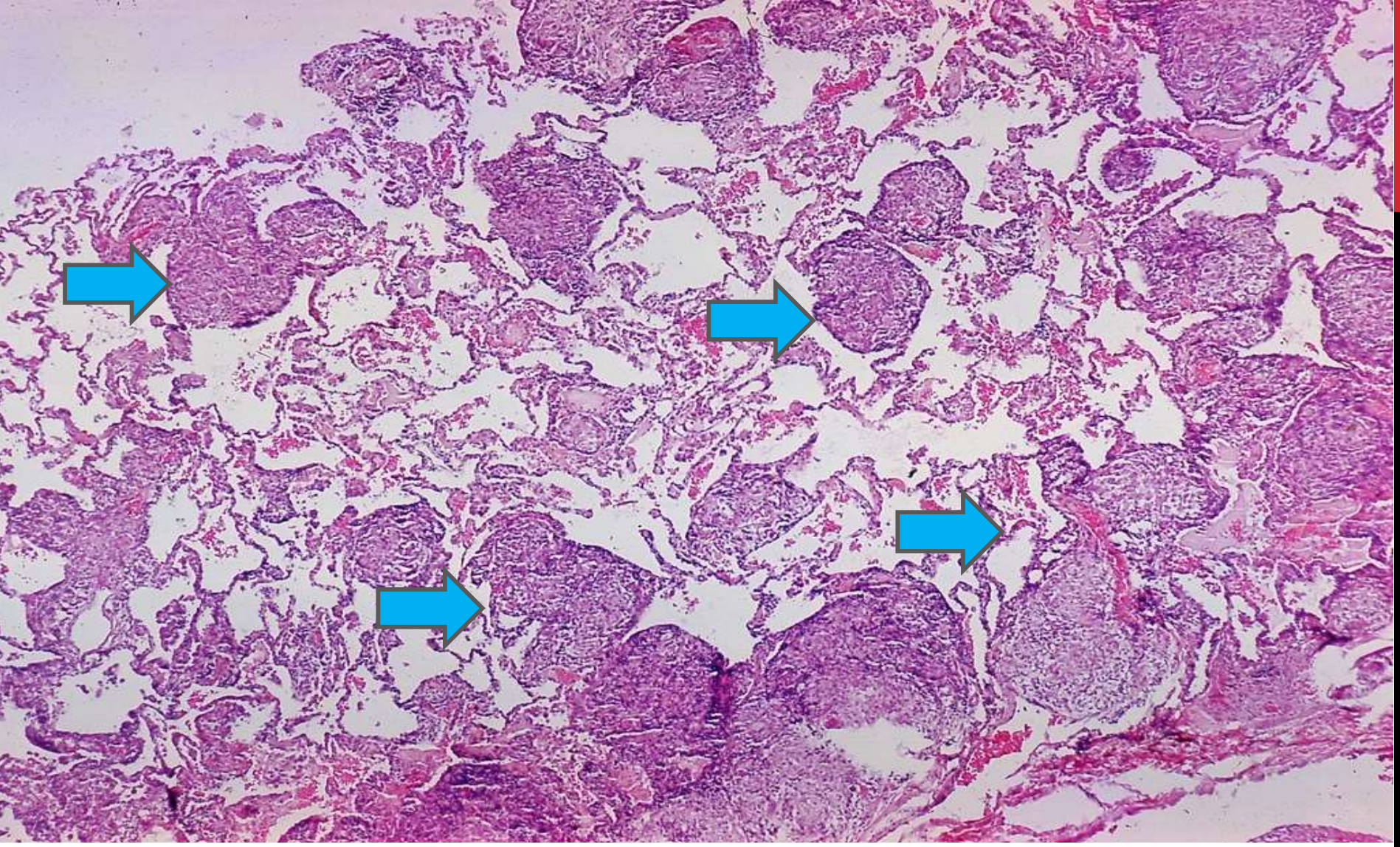

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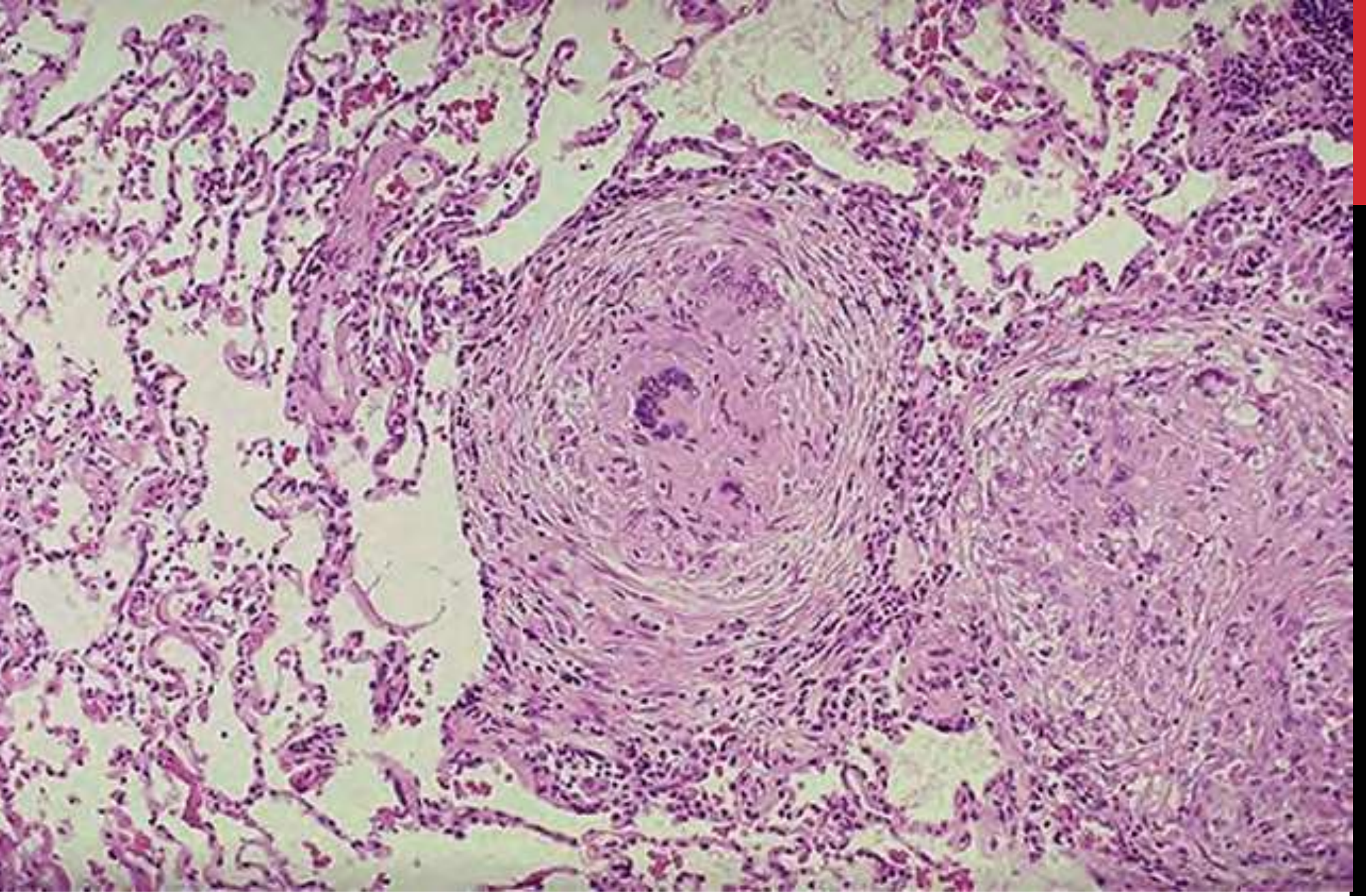

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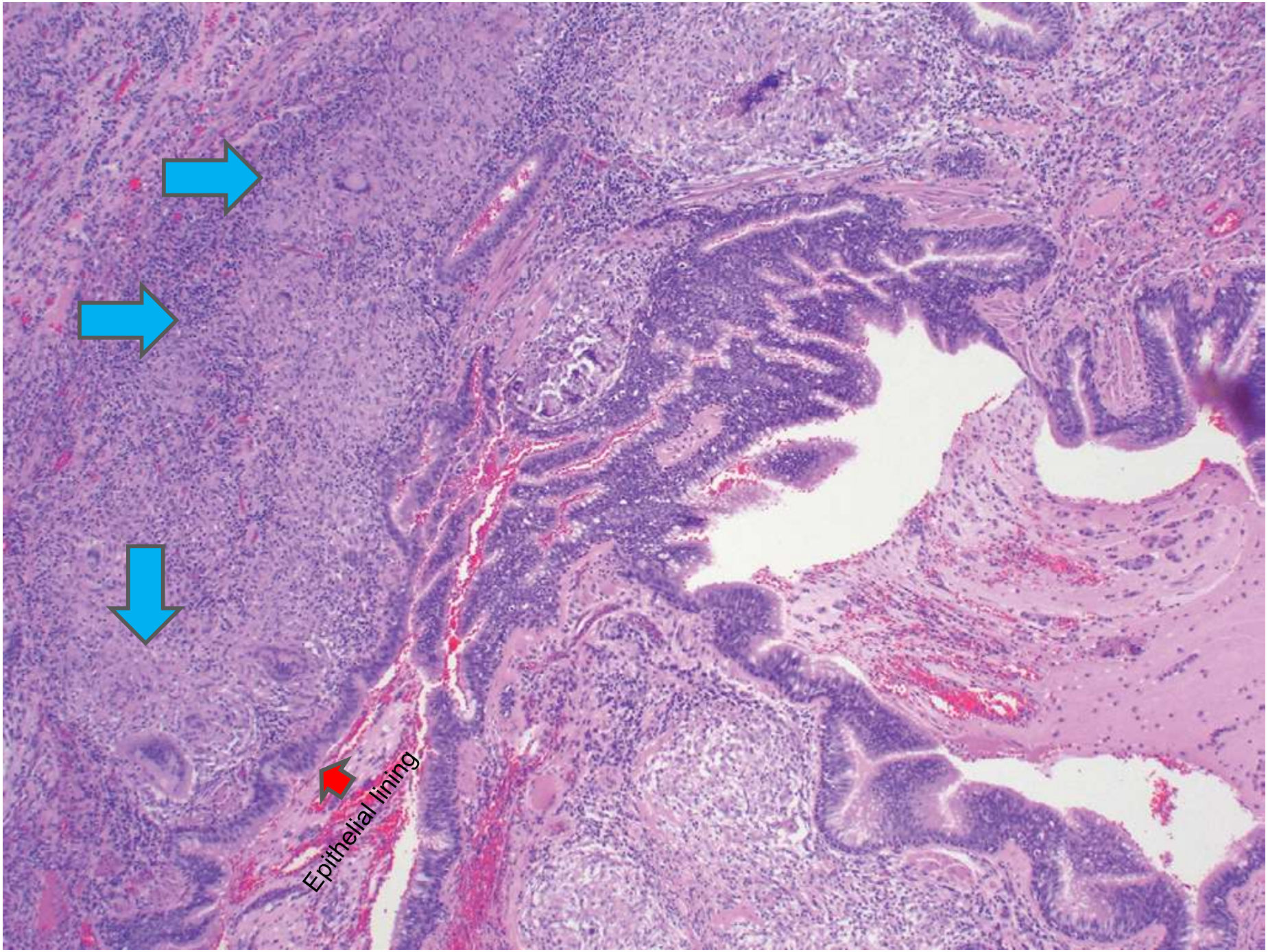

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MOST COMMONLY INVOLVES:

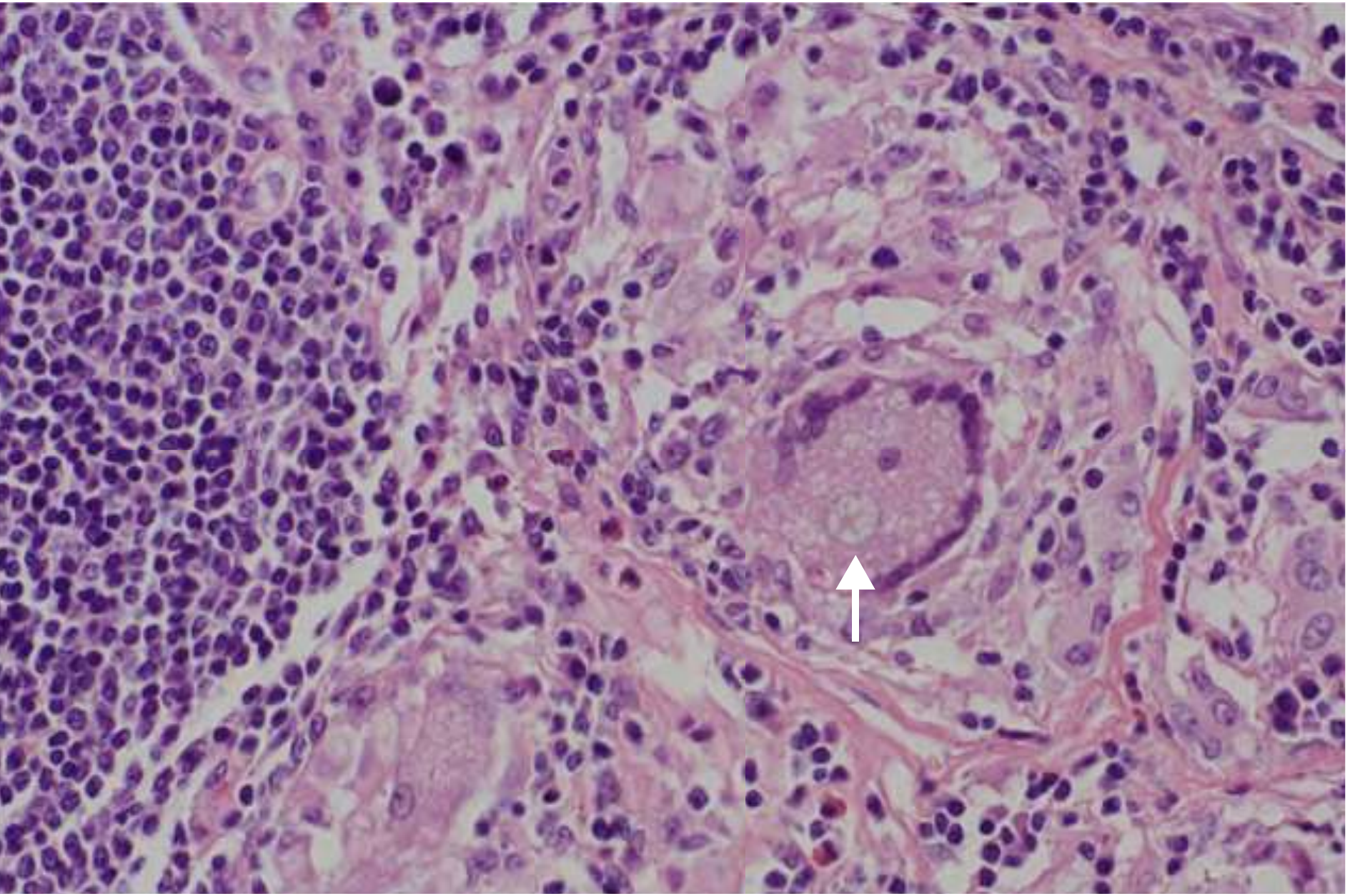
- Lungs
- hilar and paratracheal lymph nodes
- Skin
- eye and lacrimal glands
- Spleen, Liver, BM

MORPHOLOGY, LUNGS:

- **90%** of patients.
- Granulomas involve the **interstitium** rather than air spaces.
- around bronchioles, pulmonary venules and in the pleura.
- The **BAL** fluid contains abundant CD4+ T cells.
- **In 5-15% of cases → honeycomb lung**→ replaced by diffuse interstitial fibrosis

MORPHOLOGY, HILAR AND PARATRACHEAL LYMPH NODES:

- **75% to 90%** of patients.
- **1/3** Peripheral lymphadenopathy.
- The nodes:
  - painless
  - firm, rubbery texture
  - “nonmatted” , nonadherent and do not ulcerate “ unlike TB”



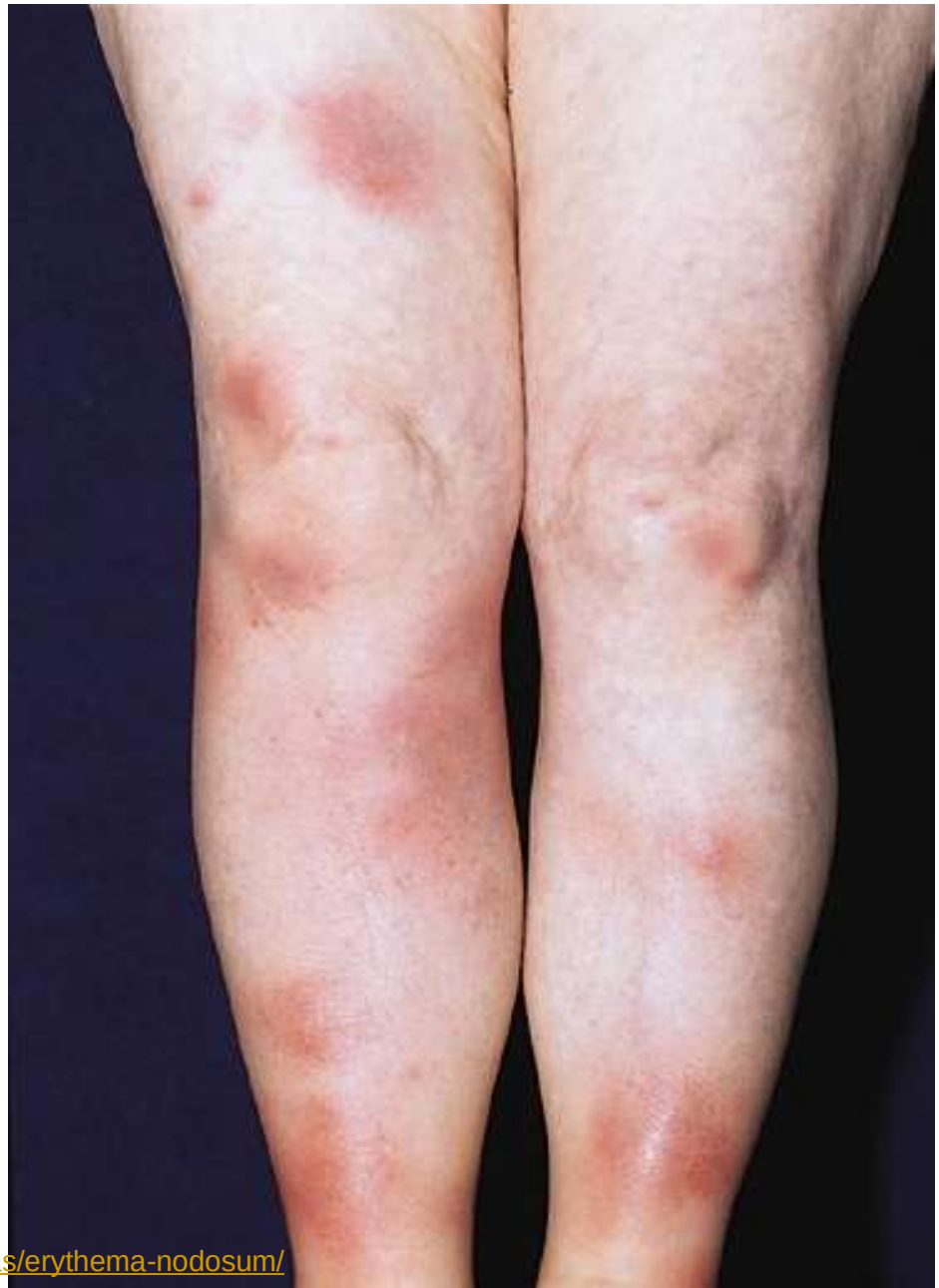
MORPHOLOGY, SKIN:

- 25% of patients.

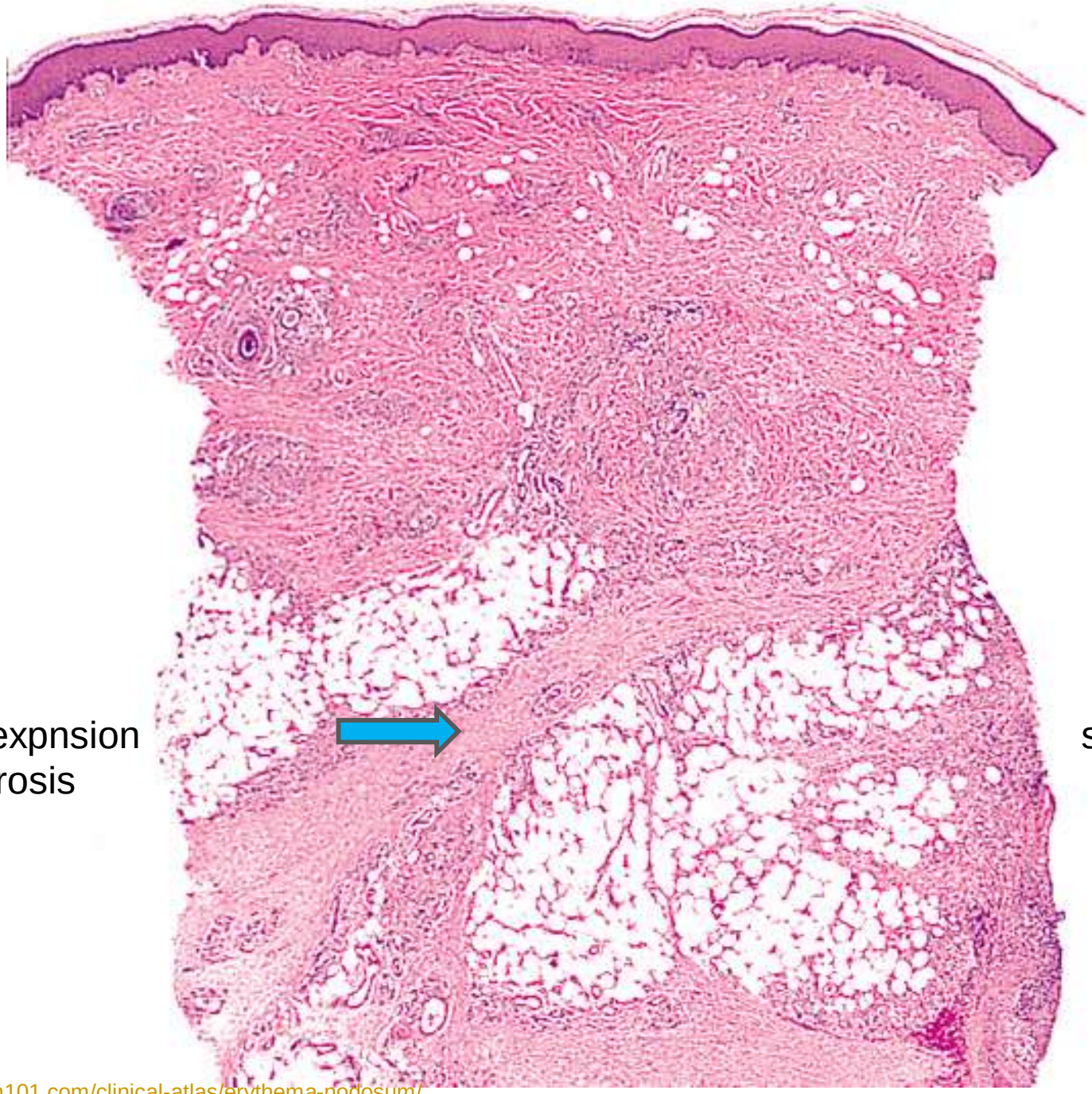
- **Erythema nodosum:**
  - **Hallmark of acute sarcoidosis**
  - Raised, red, tender nodules on the anterior aspects of legs.
  - Sarcoidal granulomas are uncommon in EN.

- Subcutaneous nodules
  - discrete painless
  - usually abundant noncaseating granulomas

ERYTHEMA NODOSUM



https://www.derm101.com/clinical-atlas/erythema-nodosum/



https://www.derm101.com/clinical-atlas/erythema-nodosum/

MORPHOLOGY, EYE AND LACRIMAL GLANDS :

- 20-50% of cases.
- UVEITITS (MOST COMMON):
  - iritis or iridocyclitis, unilateral or bilateral.
- Corneal opacities, glaucoma, and even total loss of vision
- posterior uveal tract disease
- **SICCA SYNDROME**: Inflammation in the lacrimal glands, with suppression of lacrimation.

- < 10% of patients; Unilateral or bilateral parotitis with painful enlargement of the parotid glands .

- Xerostomia (dry mouth).

- **Mikulicz syndrome:** Combined uveoparotid involvement.

MORPHOLOGY, SPLEEN, LIVER, BM:

- **Spleen:**
  - In ¾ of cases spleen contains granulomas.
  - In 10% only it becomes enlarged.

- **Liver:**
  - Granulomas in portal triads
  - 1/3 hepatomegaly or abnormal liver function.

- **Bone marrow:**
  - 40% of patients.
  - Hypercalcemia and hypercalciuria.
    - not related to bone destruction
    - caused by increased calcium absorption secondary to production of active vitamin D by the macrophages that form the granulomas

CLINICAL FEATURES

- **Mostly, Entirely asymptomatic**.

- **Symptomatic in others:**
  - Peripheral lymphadenopathy, cutaneous lesions, eye involvement, splenomegaly, or hepatomegaly.

  - 2/3 → gradual respiratory symptoms (shortness of breath, dry cough, or chest discomfort) or Constitutional signs and symptoms (fever, fatigue, weight loss, anorexia, night sweats).

DIAGNOSIS:

- A definitive diagnostic test for sarcoidosis **does not exist**

- Diagnosis:
  - ✓ Clinical findings
  - ✓ Radiologic findings
  - ✓ **Histologic findings:** Identification of noncaseating granulomas in involved tissues
  - ✓ Exclusion of other disorders with similar presentations, radiology or histologic findings.
    - In particular, **tuberculosis must be excluded**.

- **Noncaseating granulomas** is suggestive of sarcoidosis, but exclusion of other causes is a must.

COARSE:

- **Unpredictable course**
- **Progressive chronicity**
- Periods of activity interspersed with remissions
- Remissions may be spontaneous or by steroid therapy

OUTCOME:

- 65% -70% →recover with minimal or no residual manifestations.
- 20% -> permanent lung dysfunction or visual impairment.
- 10% to 15%→ progressive pulmonary fibrosis and cor pulmonale

GRANULOMATOUS DISEASES

- Sarcoidosis
- **Hypersensitivity pneumonitis**

HYPERSENSITIVITY PNEUMONITIS

- Immunologically mediated inflammatory lung disease
- Primarily affects the alveoli (**allergic alveolitis**).
- Most Often occupational disease , sensitivity to inhaled antigens such as in moldy hay.

Table 13.4 Sources of Antigens Causing Hypersensitivity Pneumonitis

Source of Antigen	Types of Exposures
Mushrooms, fungi, yeasts	Contaminated wood, humidifiers, central hot air heating ducts, peat moss plants
Bacteria	Dairy barns (farmer's lung)
Mycobacteria	Metalworking fluids, sauna, hot tub
Birds	Pigeons, dove feathers, ducks, parakeets
Chemicals	Isocyanates (auto painters), zinc, dyes

From Lacasse Y, Girard M, Cormier Y: Recent advances in hypersensitivity pneumonitis, *Chest* 142:208, 2012.


Spot Magn
Det
WD
1 µm
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8.3

IMMUNOLOGIC BASIS

- BAL specimens demonstrate increased numbers of both CD4+ and CD8+ lymphocytes.
- specific antibodies against the offending antigen in serum.
- Complement and immunoglobulins within vessel walls by IF.
- 2/3 of patients, Noncaseating granulomas in the lungs.

MORPHOLOGY

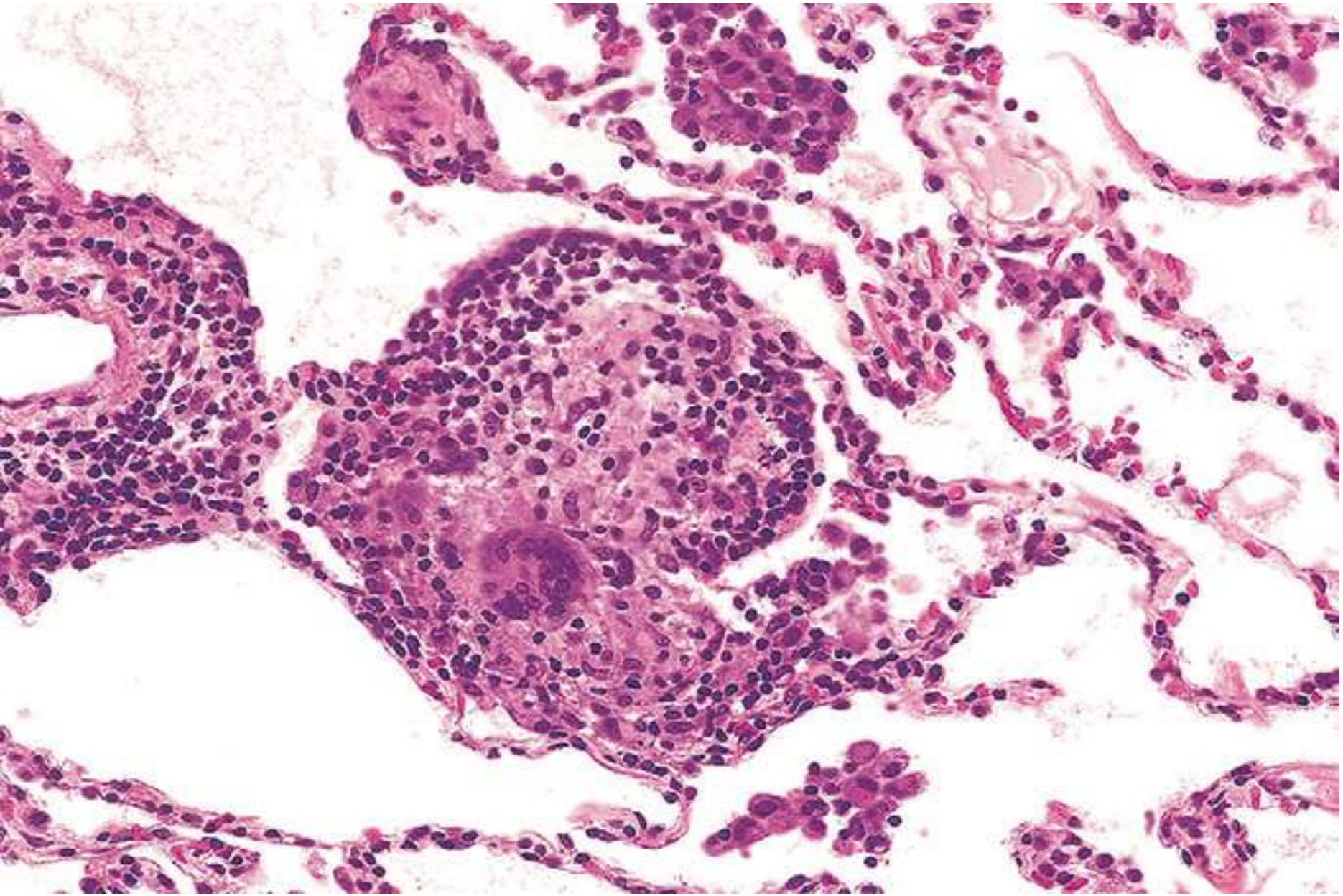
- **Patchy** mononuclear cell infiltrates in the pulmonary i**nterstitium**, with a characteristic **peribronchiolar accentuation**.

- **Lymphocytes predominate**, but plasma cells and epithelioid cells also are present.

- In acute forms neutrophils may be seen.

- **“Loose,” poorly formed granulomas**, **without necrosis** in **> 2/3** of cases, usually in a **peribronchiolar location**

- In advanced chronic cases, **bilateral, upper-lobe–dominant interstitial fibrosis (UIP pattern) occurs**.



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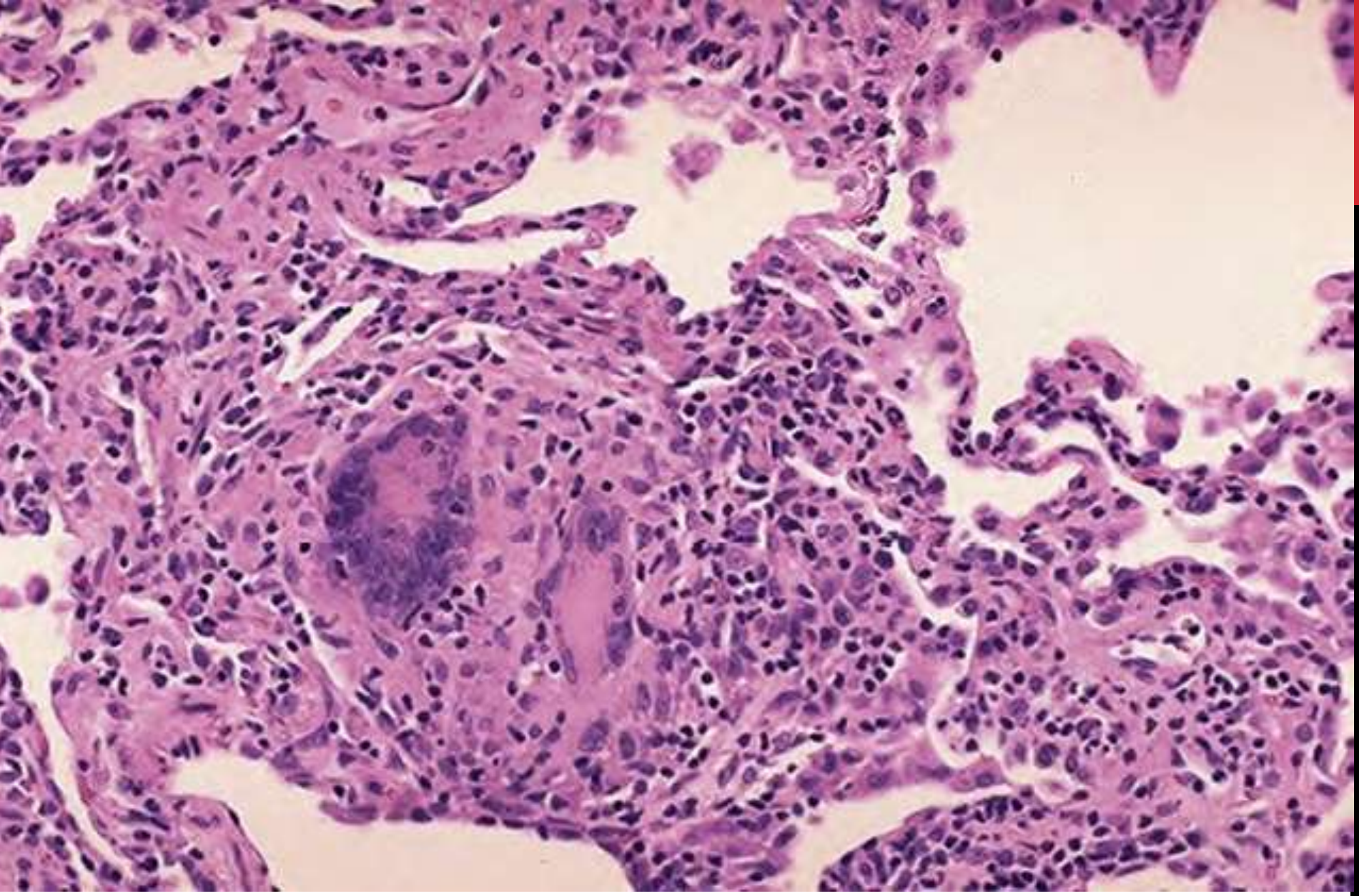

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CLINICAL FEATURES

- **Acute reaction**: fever, cough, dyspnea, and constitutional signs and symptoms arising **4 to 8** hrs after exposure

- If antigenic exposure is terminated after acute attacks of the disease, **complete resolution** of pulmonary symptoms occurs within days.

- With the acute form, the **diagnosis** is obvious because of the **temporal relationship** of symptom onset and exposure to the antigen.

- Failure to remove the agent from the environment results in **Irreversible chronic disease**.

- Chronic disease characterized by insidious onset of **cough, dyspnea, malaise, and weight loss.**

A 61-year-old lady noted increasing dyspnea and a nonproductive cough for 5 months. On examination, her temperature is 37.7° C. A CXR shows prominent hilar lymphadenopathy with reticulonodular infiltrates bilaterally. A transbronchial biopsy showed interstitial fibrosis and small, noncaseating granulomas. One granuloma contains an asteroid body in a giant cell. The medical history indicates that she smoked cigarettes for 10 years, but stopped 5 years ago. Which of the following is the most likely cause of her illness?

A T cell-mediated response to unknown antigen

B Deposition of immune complexes

C Infection with atypical mycobacteria

D Smoke inhalation with loss of bronchioles

FOR YOUR QUESTIONS:

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Or E-learning

THANK YOU!