Lung Diseases They Didn't Teach You About In Medical School

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Case #1

- 76 year old man
- Dyspnea and cough for 5 years
- Past medical history: chronic pancreatitis
- Social history: former smoker
- Exam: bibasilar dry crackles

Case #1 (continued)

- Sed rate > 130
- C-reactive protein elevated at 13.9
- Atypical ANCA positive at 1:80
- SS-A antibody positive
- Eosinophil count elevated at 600
- Serum IgG4 749.0 (121 the upper limit of normal)











IgG4 Disease: Organs Affected

- Autoimmune pancreatitis
- Salivary/parotid gland enlargement
- Thyroiditis
- Sclerosing cholangitis
- Lymphadenopathy
- Retroperitoneal fibrosis
- Aortitis
- Tubulointerstitial nephritis
- Skin rash
- Interstitial lung disease



IgG4 Disease Presenting as Interstitial Lung Disease









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- 59-year old woman
- Unremarkable past medical history
- 3-day history of cough and progressive dyspnea
- No improvement with outpatient antibiotic
- Exam: mild bibasilar crackles
- Lab: WBC = 16.3 with 1,200 eosinophils







Bronchoalveolar lavage

- 10% Alveolar macrophages
- 2% Neutrophils
- 3% Lymphocytes
- 85% Eosinophils





Acute Eosinophilic pneumonia

Presentation:

- Average symptoms 4 days
- Average age 29 yrs
- Symptoms:
 - Cough 100%
 - Dyspnea 95%
 - Chest pain 73%
 - Myalgias 50%
- 40% "beginner" smokers

Exam:

- Average temperature 101° F
- Average respiratory rate 32/min
- Crackles in 80%

Acute Eosinophilic pneumonia

Chest X-ray:

- 1. Kerley B lines
- **2.** Interstitial infiltrates
- **3.** Alveolar infiltrates
- 4. Pleural effusions
- Lab:
 - Average WBC 17,000
 - Blood eosinophils <u>may</u> not be elevated
 - Average PO₂ = 57 mm









Acute Eosinophilic pneumonia

- Typical BAL:
 - 37% eosinophils
 - 20%
 lymphocytes
 - 15% neutrophils

 28% macrophages

- Lung biopsy:
 - Intra-alveolar eosinophils



Acute Eosinophilic Pneumonia Treatment:

Initial treatment:

- With respiratory failure: IV Methylprednisolone 60-125 mg every 6 hours
- Without respiratory failure: Prednisone 40-60 mg daily
- Subsequent treatment:
 - Prednisone 40-60 mg daily taper over 2-4 weeks
- Relapses are rare

Acute Eosinophilic Pneumonia: Causes

- Idiopathic
- Cigarette smoking
- Prescription drugs
- Street drugs
- Organic dust inhalation
- Parasites

Key points about acute eosinophilic pneumonia

- It mimics severe pneumonia or ARDS
- Bronchoscopy with BAL is required for diagnosis
- Responds immediately to steroids
- Often associated with beginning cigarette smoking



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Birt-Hogg-Dube Syndrome: Overview Autosomal dominant inheritance Folliculin (FLCN) gene mutation

- Clinical manifestations
 - Skin fibrofolliculomas
 - Kidney cancer –
 chromophobe tumors
 - Bilateral pulmonary cysts

Birt-Hogg Dube Syndrome: Pulmonary Manifestations

- Cystic lung lesions in the 4th to 5th decade of life
- 2 common pulmonary presentations:
 - Incidental pulmonary cystic lesions on chest CT
 - Pneumothorax



Birt-Hogg-Dube Syndrome: Diagnosis

 Pulmonary cysts plus personal or family history of:

- Pulmonary cysts or pneumothorax
- Fibrofolliculomas
- Renal tumors

Genetic testing for the FLCN gene

Birt-Hogg-Dube Syndrome: Management

Renal cancer the most threatening manifestation

- Cancer screening every 1-2 years:
 - Ultrasound
 - CT
 - MRI
- Pulmonary disease
 - Cysts do not usually impair lung function
 - Prevention of pneumothorax recurrence

Key Points About Birt-Hogg-Dube Syndrome

- Syndrome of:
 - Skin fibrofolliculomas
 - Kidney cancer
 - Pulmonary cysts with or without pneumothorax
- Folliculin gene mutation
- Autosomal dominant inheritance

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		Pre-Bron	ch	Post-Bronch		
	Pred	LLN ULN	Actual	%Pred Actual %Pred %	Chng 16g	
	SPIROMETRY				14 12	
F	VC (L) 5.40	4.51 6.29	*4.38	(*81)	10 *	
F	EV1 (L) 4.11	3.43 4.79	3.71	90	61	
F	EV1/FVC (%) 76	63 89	85	111	2	
F	EV1/SVC (%) 76	64 89	83	108	-2 7 6 5 4 3 2 1 0	
F	'EF 25-75% (L/sec) 3.41	2.85 3.97	*4.19	*122	-	
F	'EF 25% (L/sec) 12.73	10.6314.83	*10.17	*79	-10	
F	'EF 50% (L/sec)		5.54		-14	
F	'EF 75% (L/sec) 1.96	1.64 2.28	*1.42	*72	Prof. Prof.	
F	'EF Max (L/sec) 10.14	8.4711.81	10.38	102	1100 110	
F	IF 50% (L/sec) 4.78	3.99 5.57	*7.18	*150	10	
F	EF50%/FIF50% (%) 90-100	79 119	77		9	
					8	
	LUNG VOLUMES			_	7	
T	LC (Pleth) (L) 7.64	6.11 9.17	*5.90		6	
S	VC (L) 5.40	4.51 6.29	*4.48	*83	4	
IO	C (L) 3.49	2.91 4.07	*2.66	*76	3	
F	RC (Pleth) (L) 4.01	3.21 4.81	*2.99	*74	2	
E	RV (L) 1.74	1.45 2.03	1.57	90	1	
R	V (Pleth) (L) 2.37	1.90 2.84	*1.41	*59	-1 0 1 2 3 4 5 6 7	
R	V/TLC (Pleth) (%) 32	26 38	*24	*74		
V	/pant (L)				ajian	
	1(-)				1	
	DIFFUSION			_	_	
D	LCOunc (ml/min/mm 30.34	24.2736.41	*18.16	(*59)		
D	LCOcor (ml/min/mm 30.34	24 27 36 41	*19.08	*62		
n	I/VA (ml/min/mmHe/ 413	3 30 4 96	*3.11	*75		
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IV.	VC (L)	0.22 0.00	4.60	02	' Rai Ra	
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	(11 (500)				HV EHV I	



85% are sporadic

- 15% are familial/inherited
 - Family members may have been diagnosed with "asbestosis", "black lung", or "lung scarring"
 - Many genes are involved
 - MUC5B gene
 - Telomerase genes

• Sporadic and familial idiopathic pulmonary fibrosis are treated the same













Short telomere syndromes

- Familial idiopathic pulmonary fibrosis
- Premature graying of the hair (before age 30)
- Cryptogenic cirrhosis
- Aplastic anemia
- Myelodysplasia

Short Telomere Syndrome Key Points

- Presentations:
 - Idiopathic pulmonary fibrosis
 - Cirrhosis
 - Myelodysplasia
- A good family history is essential
- Ask the patient when their hair turned gray
- Telomere length testing is supportive

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Case #5

- Previously healthy 29 year old woman
- 2 months of progressive dyspnea
- No improvement despite multiple antibiotics for pneumonia
- Social history: never smoker
- Review of systems notable for
 - Raynaud's phenomenon

Case #5 (continued)

Exam:

.

- Bilateral diffuse crackles
- Mild mechanic's hands

Labs:

- Elevated aldolase
 15.1 (upper limit 8.1)
- SS-A & CCP antibody positive
- Anti-Jo1 antibody positive











Idiopathic Inflammatory Myopathy: Overview

- Polymyositis, dermatomyositis, and inclusion body myositis
- Muscular signs and symptoms
- Extramuscular signs and symptoms
 - Constitutional
 - Dermatological signs
 - Raynaud's
 - Arthralgias
 - Pulmonary



Idiopathic Inflammatory Myopathy: Pulmonary Manifestations

- Prevalence may approach 65%
- Most significant extramuscular contributor to morbidity
- Interstitial lung disease is the hallmark
 - May precede muscular signs in up to 20% of cases

Rapidly Progressive Interstitial Lung Disease

- Acute interstitial pneumonia progressing over several weeks or months
 - Strongly suggestive of an idiopathic inflammatory myositis
- Associated with anti-MDA5 (melanoma differentiation associated protein 5) antibody

Idiopathic Inflammatory Myopathy: Radiology & Pathology

Radiology

- Common: linear opacities, ground-glass opacities, reticulation
 - Organizing pneumonia and non-specific interstitial pneumonia patterns (NSIP)
- Less frequent: honeycombing
 Usual interstitial pneumonia

Pathology

- Organizing pneumonia
- NSIP



- Clinical history & exam
- Serological testing
 - Creatine kinase, aldolase, myositisspecific antibodies (i.e. anti-Jo1, anti-MDA5, etc.)
- Exclusion of infection
- Compatible chest CT
- +/- lung biopsy

Idiopathic Inflammatory Myopathy: Management

- Corticosteroids
- Mycophenolate
- Azathioprine

Key Points About Idiopathic Inflammatory Myopathy

- Muscular and extramuscular signs and symptoms
 - Pulmonary disease the primary extramuscular contributor to morbidity
- Diagnosed through clinical history, serology, radiology, +/- pathology
 - Organizing pneumonia the most common radiology and pathology
- Rapidly progressive pulmonary form associated with anti-MDA5 antibody
- Treatment is immunosuppression


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Case #6

- 42 year-old woman with 14 year history of recurrent pneumonia
- Normal sweat chloride, IgG, IgE, alpha-1antitrypsin
- 2004 BAL = negative AFB culture
- 2006 BAL = Mycobacterium avium complex & Mycobacterium abscessus
- 2008: completed 18 months of antibiotics
- 2015: recurrent sputum production and pneumonias













Typical clinical presentations

- Ophthalmologic
- Brain abscess
- Skin and soft tissues
- Pulmonary infections
- Patients are often immunosuppressed
- Chronic pneumonia in immunocompetent patients can occur
- Diagnosis is by fungal culture
- Treatment:
 - Voriconazole
 - Surgical debridement

















Key Points About Scedosporium

 Patients often are immunosuppressed

 But... chronic pulmonary infection can occur in normal patients and those with underlying bronchiectasis

Anti-fungal antibiotics are often ineffective

Surgery is often necessary





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LAM: Pulmonary Manifestations

- Pulmonary cysts
- Pneumothorax
- Chylous pleural effusion
- Obstructive lung disease

LAM: Pathology

- Smooth muscle infiltration of parenchyma, airways, lymphatics, blood vessels
- Thin-walled cystic changes

LAM: Diagnosis

Index of suspicion when:

- Young female with a pneumothorax
- Incidental discovery of pulmonary cysts, angiomyolipoma, or lymphangiomyoma
- Unexplained chylous pleural effusion or ascites
- Compatible chest CT plus any 1 of the following:
 - Angiomyolipoma, lymphangiomyoma, chylous pleural effusion
 - VEGF greater than 800 pg/ml
 - Lung biopsy

•

LAM: Management • Sirolimus for patients with a FEV1 less than 70%

Key Points About LAM

- Cystic lung disease in females
 - Consider in any young female with pulmonary cysts +/- pneumothorax
- Diagnosed via radiology, serum VEGF level, +/- biopsy
- Sirolimus is the treatment for patients
 with impaired pulmonary function



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Strongyloides Symptoms

Systemic:

- Skin Rash
- Abdominal Pain
- Diarrhea
- Increased blood eosinophil count

In the lung:

- Wheezing
- Recurrent pneumonias (especially gram negative)
- Migratory pulmonary infiltrates
- Cough
- Hemoptysis





77 year-old woman with Takayasu's arteritis

- Previously treated with methotrexate
- Now with cough and dyspnea for 3 years
- No improvement with inhalers or prednisone
- Testing:
 - PFTs = severe obstruction
 - Eosinophil count 1,200









Strongyloides is sneaky

- 87 year old mother of OSU physician
- Recurrent "colitis", eosinopilia, pulmonary infiltrates and cough for 20 years
- Positive antistrongyloides antibody
- Symptoms resolved with ivermectin



You'll miss it if you only order the regular stool O&P exam

- 35-year old man
- Multiple ICU admissions
- Recurrent fevers & pseudomonas pneumonia
- Persistent fevers and blood eosinophilia (up to 2,700)
- Stool O&P <u>negative</u> (antigenic)
- Strongyloides antibody <u>positive</u>





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Pathology Report

- Pleuritis
- Pleural blebs associated with subpleural fibrobullous disease/scarring in upper and middle lobes.
- The etiology of these changes is not apparent
- UIP/IPF was considered in the differential; however, the predominance of changes in upper lobe and radiologically apparent sparing of lower lobe argue against that consideration.



PPFE: Overview

- Upper-lobe-dominant slowly progressive pulmonary fibrosis
- 1st description in 1992
- The name, PPFE, was coined in 2004 and is descriptive
- Unknown etiology
 - Idiopathic form
 - Form associated with lung and bone marrow transplants, chemotherapy, infections, autoimmune diseases

PPFE: Epidemiology

- Median age at diagnosis: 53 years
- No sex predilection
- Smoking not a risk factor

PPFE: Pulmonary Manifestations

- Restrictive ventilatory
 impairment
- Interstitial lung disease
- Pneumothorax

PPFE: Radiology & Pathology

Radiology

- Early bilateral and irregular apical pleural thickening
- Later reticular and fibrotic parenchymal changes
- Biapical blebs
- Pathology

• Fibro:

- Fibrous thickening of the visceral pleura
- Dense intra-alveolar fibrosis
- Septal elastosis
- Abrupt transition from normal to abnormal tissue



PPFE: Management

- Prognosis is highly variable
- No treatment has yet been demonstrated to alter disease progression
- Supportive care
- Lung transplant

Key Points About Pleuroparenchymal Fibroelastosis

Relatively recently (1992) recognized entity

- The diagnostic term is descriptive for radiological and pathological features
- No consensus diagnostic criteria
- Clinical course variable
- No disease modifying treatment



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Case #10

- 48 year-old man with cough onset January 2016
- Referred for interstitial lung disease evaluation July 2017
- Past medical history = HIV (well-controlled)
- Family history: Mother & maternal aunt had idiopathic pulmonary fibrosis
- Exam: bibasilar dry crackles
- BAL: 89% neutrophils (normal < 2%), no cancer













Adenocarcinomas can be missed on biopsy



Adenocarcinomas can be missed on biopsy

Bronchoscopy #1

- BAL 52% macrophages, 27% neutrophils, 15% lymphocytes, 6% eosinophils; negative AFB, fungal cultures; cytology negative
- Brushings negative cytology
- Transbronchial biopsy calcified granuloma with histoplasmosis organisms seen; no cancer
- Bronchoscopy #2
 - Negative cytology

- Surgical lung biopsy
 - Organizing pneumonia (pathologist #1)
 - Hypersensitivity (pathologist #2)
 - Adenomatous hyperplasia (pathologist #3)
 - Organizing pneumonia versus hypersensitivity pneumonitis but no cancer (pathologist #4)
- Bronchoscopy #3
 - Transbronchial biopsy = no cancer




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Key Points About Adenocarcinoma

- The term "bronchoalveolar carcinoma" is no longer used
- Well-differentiated adenocarcinomas can be difficult to diagnose
- Cytology and even surgical lung biopsies can be falsenegative
- Adenocarcinoma can mimic many interstitial lung diseases
- Driver mutations determine treatment choices

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