Interstitial Lung Diseases: Clues

They share a stiff, restrictive lung: exposure, age and imaging point to the cause

HP — **Hypersensitivity pneumonitis**
organic antigens: farmer's lung (moldy hay), bird fancier's lung

SAR — **Sarcoidosis**
young adult · bilateral hilar lymphadenopathy · non-caseating granulomas

SIL — **Pneumoconiosis (silicosis)**
silica dust (mining, quarries) · higher risk of tuberculosis

PAP — **Pulmonary alveolar proteinosis**
accumulation of lipoproteinaceous material (surfactant) · treated with whole-lung lavage

All of them
Restrictive pattern with low DLCO

Key test
High-resolution CT

Upper or lower
Lung zone narrows the diagnosis

Exposure, age and high-resolution CT pattern are what point to the specific interstitial disease