Upper vs Lower Lung Zone Fibrosis

Where an interstitial disease predominates on imaging narrows the diagnosis a lot

UP Upper zones

- cystic fibrosis
- Langerhans cell histiocytosis
- tuberculosis
- chronic hypersensitivity pneumonitis
- ankylosing spondylitis
- sarcoidosis
- silicosis

LOW Lower zones

- idiopathic pulmonary fibrosis
- asbestosis
- connective tissue diseases (rheumatoid arthritis, scleroderma)

Apices
Mostly granulomatous: sarcoid, TB, pneumonitis

Bases
Rheumatologic or fibers (asbestos)

Asbestosis
Pleural plaques at the bases

Combine the lung zone with the exposure and the high-resolution CT pattern to narrow the diagnosis