

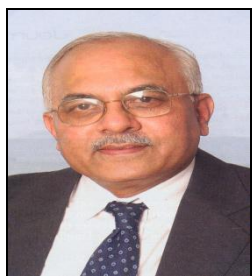
ILD – NATIONAL UPDATE 2016

Date: 21/2/16 Sunday 9am – 5pm

Organised by:

**Department of Pulmonology, KRIMS Hospitals &
API Vidharbha Chapter, Vidharbha Chest Association.**

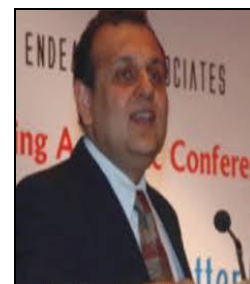
Prominent Speakers from all over India will deliver talk on various aspects of ILD.



Dr. Ashok Mahashur
M.D. MRCP(UK), FCCP (USA).
Prof & Ex HOD K.E.M Hospital,
Hinduja Hospital, Mumbai



Dr. Randeep Guleria
MD, DM, MNAMS
Prof & HOD AIIMS.
New Delhi



Dr. Sanjeev Mehta
MD, FCCP, (USA)
Lilavati Hospital,
Mumbai



Dr. Vimal Raj
FRCR, CCT (UK),
PGDMLS, EDM, (MRCS)
Radiologist, Narayana
Hrudalaya, Bangaluru.



Dr. Raja Dhar
MD, MRCP (UK), CCT (UK),
Fortis healthcare Kolkata



Dr. Ashok Arbat
MD, DCH, FICA, FCCP (USA)
Consultant Pulmonologist
KRIMS Hospitals, Nagpur

Objective of the Program: To spread awareness regarding Interstitial Lung Disease amongst the Doctors and Post graduate students so that they will be able to diagnose this condition earliest and manage it properly. Even the patients suffering from ILD will be benefited.

This was the much awaited initiative taken by KRIMS Hospital towards the awareness and management of difficult disease – ILD.

Doctors from Nagpur, Vidarbha, Chhatisgarh , Madhya Pradesh , Marathwada, Hyderabad & PGs from all Medical Colleges from will be attending for this Conference.

What is interstitial lung disease?

Interstitial lung disease causes inflammation (swelling) and sometimes scarring in the lungs. This makes it hard for oxygen to get from the air into the lungs, which can make it hard to breathe.

There are many causes of interstitial lung disease, including:

- **Autoimmune diseases** – These are diseases in which the body's infection-fighting system attacks healthy tissue instead of infections.
- **Other medical conditions** (such as cancer)
- **Certain medicines**
- **Harmful substances** that are breathed into the lungs over a long period of time – These include cigarette smoke, mold, chemicals, or dust from asbestos, silica, metals, or coal.
- **Radiation** (high doses of X-rays)
- **Certain lung infections**

In some cases, though, doctors don't know what is causing a person's interstitial lung disease.

What are the symptoms of interstitial lung disease?

Early on, some people have no symptoms. Their doctor finds out they have interstitial lung disease when they have a chest X-ray or breathing tests done for another reason.

Most common symptoms are:

- Trouble breathing or feeling short of breath, especially with activity or exercise
- A dry cough that lasts for a long time

Some medical conditions that cause interstitial lung disease also cause symptoms in other parts of the body. For example, some autoimmune disorders also cause skin or joint symptoms.

Test for interstitial lung disease:

The tests that are usually done to figure out the cause of interstitial lung disease include the following:

- Blood tests
- A chest X-ray
- A CT scan of the chest
- Pulmonary function tests and DLCO – These tests measure how well the lungs are working.
- Bronchoscopy.
- A lung biopsy through Bronchoscopy/Surgical Lung biopsy.

Treatment:

Depends on the cause of your interstitial lung disease and how severe your symptoms are.

If your lung disease is caused by an infection, measures will be taken to control infection.

Many people with interstitial lung disease are treated with:

- Oxygen.
- Steroid medicines.
- Other medicines that “calm down” the immune system: Immunosuppressants
- Pulmonary rehabilitation.

In some cases, people with severe interstitial lung disease might be treated with **Lung Transplantation**.