

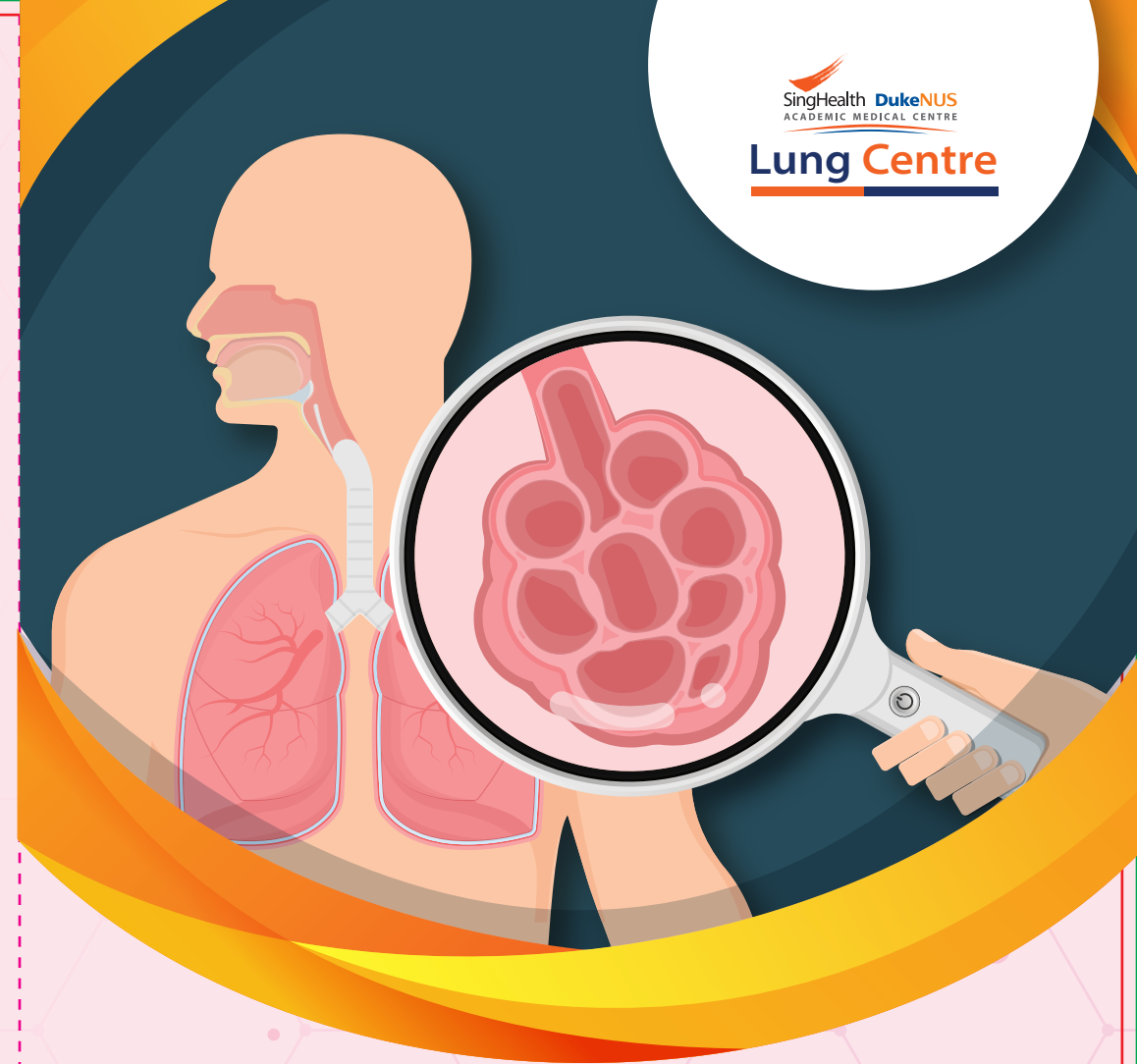
Interstitial Lung Disease (ILD) Clinic

Clinic B, Block 3 Basement 1
Outram Road
Singapore 169608

Outpatient Appointments
Tel: 6321 4377
Email: appointments@sgh.com.sg

Reg. No: 198703907Z
Information correct as at Oct 2020

PATIENTS. AT THE HEART OF ALL WE DO.®

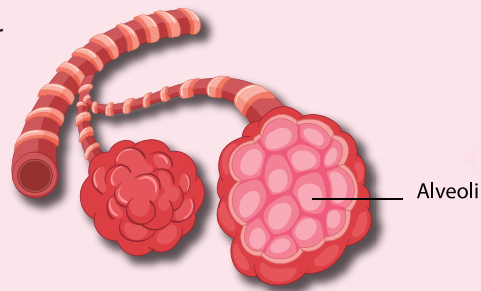


Interstitial Lung Disease

What is Interstitial Lung Disease (ILD)?

Interstitial Lung Disease (ILD) is a term for a large group of disorders that cause inflammation and scarring (fibrosis) in the lungs.

The inflammation and scarring result in stiffness in the lungs which makes it difficult to breathe.



What causes ILD?

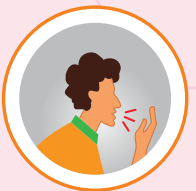
There are many different causes of ILDs including:

- 1 Autoimmune diseases (conditions which involve the immune system harming the body) (e.g. systemic sclerosis, rheumatoid arthritis)
- 2 Environmental and occupational exposures to different toxins or pollutants (e.g. bird droppings, silica)
- 3 Familial – the disease is hereditary (passed down the family tree)
- 4 Idiopathic – the cause is currently unknown

What are the symptoms of ILD?



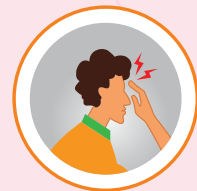
Shortness of breath



Cough



Decreased exercise tolerance



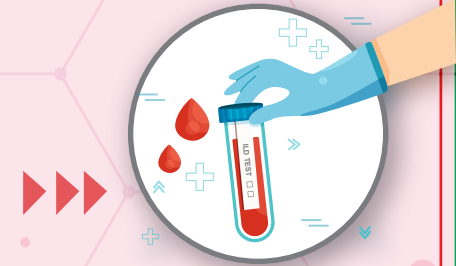
Fatigue



Weight loss

When the diagnosis of ILD is suspected, patients may need to undergo some of the following tests.

- 1 Xray and CT scan
- 2 Pulmonary function test
- 3 Specific blood investigations
- 4 Bronchoscopy
- 5 Surgical lung biopsy



What is the treatment?

Treatment depends on the underlying cause of the interstitial lung disease.

Medications used may include:

- 1 Immunosuppressants such as Corticosteroids – this reduces the amount of inflammation in your lungs and the rest of your body.
- 2 Anti fibrotics – this helps to slow the rate of scarring (fibrosis) and deterioration in your lungs.

Non-medication related treatments include:

- 1 Pulmonary rehabilitation programme – helps strengthen breathing muscles and manage breathing difficulties. Structured and supervised exercise training with education, support and self-management strategies.
- 2 Oxygen therapy – supplemental oxygen may improve activity levels. In some cases, patients may require long term oxygen therapy.
- 3 Updated vaccinations against influenza and pneumococcus reduce the risk of infections which can worsen breathlessness and other symptoms.

In some cases, the doctor may refer patients to our Lung Transplant Centre for consideration of lung transplantation.



Regular follow-up with your doctor is important to ensure compliance, response to treatment and to manage side effects of medications. Your doctor will advise you further regarding the treatment plans during the consultation.