

# I- INTERSTITIAL L- LUNG D- DISEASE

## *Factsheet*

### ABOUT

ILD describes a large group of disorders, most of which cause **progressive scarring of lung tissue**.

The resulting scarring eventually affects ability to breathe and getting enough oxygen into the bloodstream.

### CAUSES & RISK FACTORS

- Long-term exposure to hazardous materials, such as asbestos fibers, silica dust, grain dust, etc
- Bird and animal droppings
- Radiation treatments
- Indoor hot tubs
- Some autoimmune diseases, such as rheumatoid arthritis
- Smoking
- Older age
- Gastroesophageal reflux disease.
- Other unknown causes

### TREATMENT

- Lung transplant option for some people with ILD

### SYMPTOMS

- Shortness of breath at rest or aggravated by exertion
- Dry cough

### DANGERS

- The lung scarring is generally irreversible
- Medications may slow the damage
- People never regain full use of their lungs
- High blood pressure in the lungs (pulmonary hypertension) that progressively worsens
- Right-sided heart failure or cor pulmonale is a consequence of pulmonary hypertension
- Respiratory failure



### STORY IDEAS

- Is ILD an underdiagnosed threat?
- People who have undergone radiation therapy for lung cancers are more likely to suffer lifelong lung damage. How can it be managed?
- Assessing the economic burden of ILD
- Social aspect of ILD: Is the disease disproportionately occurring among lower income groups? Who else is at risk?
- Access to treatment: Who gets it and who misses out?

# Impact in India

	Percentage of total deaths (95% UI)			Percentage of total DALYs (95% UI)		
	Both sexes	Male	Female	Both sexes	Male	Female
Chronic respiratory diseases	10.9% (10.0-12.0)	10.8% (10.0-11.4)	11.1% (9.4-13.5)	6.4% (5.8-7.0)	6.7% (6.2-7.1)	6.0% (5.3-7.1)
COPD	8.7% (7.8-9.5)	8.7% (7.6-9.7)	8.6% (7.1-10.5)	4.8% (4.3-5.3)	5.2% (4.6-5.7)	4.4% (3.8-5.3)
Asthma	1.9% (1.2-2.5)	1.6% (0.9-2.6)	2.1% (1.4-3.2)	1.3% (0.9-1.6)	1.2% (0.8-1.6)	1.4% (1.0-1.9)
Interstitial lung disease and pulmonary sarcoidosis	0.28% (0.16-0.40)	0.27% (0.14-0.42)	0.28% (0.15-0.47)	0.14% (0.08-0.20)	0.14% (0.08-0.22)	0.13% (0.07-0.22)
Pneumoconiosis	0.04% (0.03-0.05)	0.05% (0.04-0.07)	0.01% (0.01-0.02)	0.02% (0.01-0.02)	0.03% (0.02-0.04)	0.01% (0.00-0.01)
Other chronic respiratory diseases	0.09% (0.05-0.11)	0.12% (0.06-0.17)	0.04% (0.02-0.07)	0.13% (0.11-0.16)	0.16% (0.12-0.20)	0.10% (0.08-0.12)

DALY=disability-adjusted life-year. COPD=chronic obstructive pulmonary disease. 95% UI=95% uncertainty interval.

**Table 1: Percentage of deaths and DALYs due to each cause under the category of chronic respiratory diseases in India, 2016**

Source: Lancet Study: The burden of chronic respiratory diseases and their heterogeneity across the states of India: the Global Burden of Disease Study 1990–2016

- 0.28% of deaths in the country were caused by ILD
- 0.14% of total DALYs (Disability Adjusted Life Year attributed to ILD
- Proportion of deaths and DALYs similar for men and women

## REFERENCES

- 1) Interstitial Lung Disease overview by Mayo Foundation for Medical Education and Research
- 2) Lancet Study: The burden of chronic respiratory diseases and their heterogeneity across the states of India: the Global Burden of Disease Study 1990–2016

### Interstitial lung disease Factsheet

This resource was designed by REACH as part of our efforts to help improve the quality and frequency of media reporting on NCDs. If you have any questions, please write to us at [rashmika.reach@gmail.com](mailto:rashmika.reach@gmail.com)