

Overview of Pulmonary Fibrosis

Priya G^{1*}

¹Department of Pulmonary Medicine, Osmania University, Hyderabad, Telangana, India

Editorial

Scarring and damage to lung tissue are the causes of pulmonary fibrosis. It's more difficult for your lungs to perform correctly because of this thicker, rigid tissue. As your pulmonary fibrosis progresses, you will become more short of breath [1,2].

Scarring linked with pulmonary fibrosis can be caused by a number of factors. Doctors, on the other hand, are frequently unable to pinpoint the source of the problem. Idiopathic pulmonary fibrosis is a kind of pulmonary fibrosis that has no identified aetiology.

Despite the fact that the lung damage caused by pulmonary fibrosis cannot be reversed, medications and therapies can help to relieve symptoms and improve overall quality of life. For some individuals, a lung transplant may be required [3].

Some of the indications and symptoms of pulmonary fibrosis are listed below:

- Breathing troubles
- Coughing that is dry
- Fatigue
- Weight loss that isn't explained
- Muscles and joints that hurt
- The tips of the fingers or toes get wider and rounder.

During pulmonary fibrosis, the tissue around and between the air sacs (alveoli) in your lungs scars and thickens. As a result, getting oxygen into your circulation becomes more challenging. Long-term exposure to certain substances, medical conditions, radiation therapy, and certain medicines, among other things, can be harmful. The lungs can be damaged by long-term exposure to a variety of chemicals and pollutants. These are some of them:

- Silica sand
- Fibers of Asbestos
- Dust from hard metals
- Coal ash
- Dust from grains
- Droppings from birds and animals
- Treatments using ionising radiation

Some persons who get radiation therapy for lung or breast cancer have lung damage months, if not years, following the treatment. The level of the harm might be affected by a variety of factors:

***Address for Correspondence:** Priya G, Department of Pulmonary Medicine, Osmania University, Hyderabad, Telangana, India, e-mail: Prigya123@gmail.com

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Received: 05 January 2022, Manuscript No. LDT-22-55692; **Editor assigned:** 07 January 2022, PreQC No. P-55692; **Reviewed:** 11 January 2022, QC No. Q-55692; **Revised:** 17 January 2022, Manuscript No. R-55692; **Published:** 22 January 2022, DOI: 10.37421/2472-1018.22.8.138

- The percentage of the lungs were exposed to radiation
- The total quantity of radiation that has been given out
- Whether or not chemotherapy was also utilized
- Whether or whether there is an underlying pulmonary problem

Many medicines can harm your lungs, particularly those such as:

- Chemotherapy medications such as methotrexate and cyclophosphamide, which are used to destroy cancer cells, can also harm lung tissue.
- Some cardiac medicines, such as amiodarone, which is used to treat irregular heartbeats, might destroy lung tissue.
- Some antibiotics, such as nitrofurantoin and ethambutol, can harm the lungs.
- Anti-inflammatory medicines, such as rituximab or sulfasalazine, can harm the lungs.

A variety of disorders can cause lung injury, including:

- Dermatomyositis
- Polymyositis
- Mixed connective tissue disease (MCTD) is a type of collagenous disease that affects both the joints and the muscles.
- SLE is a type of disease that affects the entire body.
- Rheumatoid arthritis is a kind of arthritis that affects the joints.
- Sarcoidosis
- Scleroderma
- Pneumonia

Pulmonary fibrosis can be caused by a variety of chemicals and circumstances. Even yet, in the vast majority of instances, the cause is never discovered. Idiopathic pulmonary fibrosis is a kind of pulmonary fibrosis that has no identified aetiology [4].

According to studies, viruses and cigarette smoke exposure are two possible causes of idiopathic pulmonary fibrosis. Furthermore, certain types of idiopathic pulmonary fibrosis run in families, implying that the condition may be passed down through generations [5].

The following factors make you more prone to pulmonary fibrosis:

- Age | Sex
- Certain vocations do not allow smoking
- Treatments for cancer
- Factors that are genetic
- Complications

Pulmonary fibrosis can cause a variety of complications, including:

- In your lungs, you have high blood pressure.
- Heart failure on the right side
- Failure of the respiratory system

- Lung collapse
- Infections of the lungss

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How to cite this article: G, Priya. "Overview of Pulmonary Fibrosis" *J Lung Dis Treat* 8 (2022): 138..