

Interstiziopatie polmonari: un quadro multidisciplinare

Interstitial lung diseases are a vast group of pulmonary disorders, classified together because of similar clinical features, radiological patterns and anatomopathological aspects. For this reason the diagnosis and the management of the patient require a mandatory collaboration between the clinician, the radiologist, the surgeon and the pathologist.

In this work we summarize the complexity of the topic starting from the latest ATS's classification, then we explore the multiple steps required to achieve a specific diagnosis. The clinical evaluation of ILD must be based on anamnesis and physical examination, lung function testing, chest imaging, bronchoalveolar lavage and histological examination. In most cases, the surgeon is required to perform a lung biopsy, the most accurate way to establish a diagnosis.

In the past, treatments were focused on immune response suppression, but recent findings pointed out that this approach is not effective; nowadays the strategy is centered on delaying the natural progression of the disease and, in some cases, lung transplantation is required.