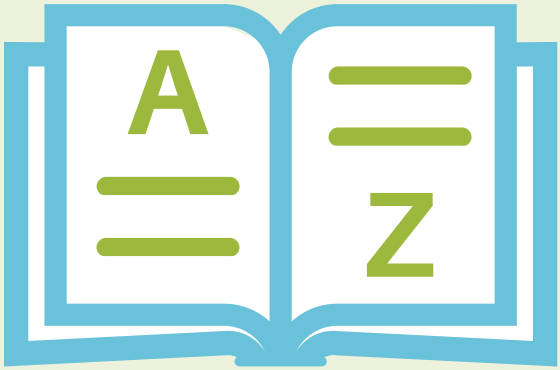
Pulmonary Fibrosis Foundation™



Abbreviations for Patients with Interstitial Lung Disease and Pulmonary Fibrosis: A Quick Reference Guide

It's common in healthcare environments to shorten the names of conditions, procedures, and equipment, using just the first letter of each word. All those letters can become confusing, so the following is a quick reference guide for abbreviations and acronyms used in the diagnosis and treatment of interstitial lung disease and pulmonary fibrosis.

TESTING AND DIAGNOSTIC TOOLS

CT (computed tomography): A procedure that uses a combination of X-rays and a computer to create a three-dimensional image of an individual's organs, bones, and other tissues. A CT shows more detail than a regular X-ray and is sometimes referred to as a CAT scan.

HRCT (high-resolution computed tomography): A type of computed tomography with specific techniques to enhance image resolution, providing more detail than routine CT scans.

PFTs (pulmonary function tests): A series of tests that measure lung volume, capacity, rates of flow, and gas exchange. The primary purpose of pulmonary function tests is to determine how well the lungs are working.

VATS (video-assisted thoracoscopic surgery): A minimally invasive surgical technique that uses a small video camera to diagnose and treat problems in the chest.

TYPES OF INTERSTITIAL LUNG DISEASE AND OTHER ASSOCIATED CONDITIONS

ILA (interstitial lung abnormality): Changes seen on a scan of the lung that can show inflammation or scarring (fibrosis). ILAs are not a disease. Many people with ILAs will never develop interstitial lung disease (ILD), but some people will eventually be diagnosed with an ILD.

CTD-ILD (connective tissue disease-associated interstitial lung disease): Inflammation and scarring in the lungs caused by an autoimmune condition. Some examples of autoimmune conditions include scleroderma, rheumatoid arthritis, and myositis. You may also see this referred to as SARD-ILD (systemic autoimmune rheumatic disease-associated interstitial lung disease).

DPLD (diffuse parenchymal lung disease): Another name for interstitial lung disease. The word "parenchyma" refers to the lung tissue.

FPF (familial pulmonary fibrosis): When two or more blood relatives are diagnosed with pulmonary fibrosis.

GERD (gastroesophageal reflux disease): A medical condition defined by passage of stomach contents into the esophagus (food pipe) and often into the throat. GERD can cause discomfort ("heartburn" or "acid indigestion") and sometimes injures the lining of the esophagus. Also called acid reflux disease.

IIP (idiopathic interstitial pneumonia): A family of nine types of ILD of unknown cause. These types of ILD are defined by their patterns of lung injury, and in spite of being referred to as "pneumonia," are not caused by infection.

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Types of Interstitial Lung Disease and Other Associated Conditions (continued)

ILD (interstitial lung disease): A group of more than 200 lung disorders, characterized by varied amounts of lung tissue inflammation, scarring, or both, that damage the ability of the lung to absorb oxygen from the air.

IPF (idiopathic pulmonary fibrosis): A type of pulmonary fibrosis in which the cause is unknown. A diagnosis of IPF requires specific findings on HRCT or lung biopsy.

NSIP (non-specific interstitial pneumonia): A type of interstitial lung disease that causes inflammation with or without fibrosis (scarring) between the air sacs of lungs. NSIP may be of unknown cause or may be associated with a cause such as autoimmune disease. This type of ILD is defined by its patterns of lung injury, and in spite of being referred to as "pneumonia," is not caused by infection.

OSA (obstructive sleep apnea): A disorder that occurs when the muscles that support the soft tissues of the throat, such as the tongue and soft palate, temporarily relax and decrease the airflow during sleep.

PAH (pulmonary arterial hypertension): A type of high blood pressure that affects the arteries in the lungs and the right side of the heart.

PH (pulmonary hypertension): A general term used to describe abnormally high blood pressure in the pulmonary (lung) arteries, which connect the heart to the lungs. There are several types and many causes of PH.

PH-ILD (pulmonary hypertension related to interstitial lung disease): High blood pressure in the lungs that is related to interstitial lung disease.

PF (pulmonary fibrosis): Disease process that causes lung scarring. This scarring of the lungs blocks the movement of oxygen into the bloodstream.

PPF (progressive pulmonary fibrosis): A term used to describe when a patient with pulmonary fibrosis or interstitial lung disease other than IPF has two of the following: worsening symptoms, functional decline, and/or progression of the disease on radiology imaging.

RA (rheumatoid arthritis): An autoimmune condition in which the body's immune system reacts to its own tissues, causing inflammation in joints and other tissues.

RA-ILD (rheumatoid arthritis-associated interstitial lung disease): A chronic lung disease in which scar tissue (fibrosis) and/or inflammation builds up in the walls of the air sacs of the lungs in a person who has been diagnosed with rheumatoid arthritis.

SSc (systemic sclerosis, also known as scleroderma): A chronic autoimmune disease in which an overactive immune system causes inflammation and tissue changes, especially scarring. Scleroderma leads to skin tightening and thickening, and can affect joints, muscles, heart, lungs, kidneys, blood vessels, and/or intestines.

SSc-ILD (scleroderma-associated interstitial lung disease): A chronic lung disease in which scar tissue (fibrosis) and/or inflammation builds up in the walls of the air sacs of the lungs in a person who has been diagnosed with scleroderma (SSc).

UIP (usual interstitial pneumonia): A specific abnormal radiologic or pathologic pattern of interstitial lung disease.

LUNG FUNCTION AND SUPPLEMENTAL OXYGEN

DLCO (diffusion capacity): A measure of the ability of gases, most importantly oxygen, to diffuse into the bloodstream.

FEV1 (forced expiratory volume in one second): The amount of air you can blow out in one second after filling up your lungs with as much air as possible. Measured by a test called spirometry.

FVC (forced vital capacity): The amount of air you can forcibly blow out of your lungs seconds after filling up your lungs with as much air as possible. Measured by a test called spirometry.

HFO (high-flow oxygen): Rates of four liters of oxygen per minute or greater are considered higher oxygen flow. This is needed when more damage develops in the lungs, as the lungs are then less efficient in delivering the oxygen the body needs.

LPM (liters per minute): The rate of oxygen flow supplied by an oxygen tank or concentrator. This is input on the machine or on a dial. It refers to how fast the oxygen produced is flowing out of the device. Note that "settings" on portable oxygen concentrators are not measured in LPM and should not be confused with LPM.

POC (portable oxygen concentrator): A smaller version of a stationary oxygen concentrator, meant to be used outside of the home, that runs on rechargeable batteries.

PR (pulmonary rehabilitation): A structured exercise program designed for people living with chronic lung diseases. Pulmonary rehabilitation typically includes disease education, exercise training, and tips for maintenance.

TLC (total lung capacity): The volume of air in the lungs upon the maximum effort of inspiration (breathing in).

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