

A CASE OF SILICOSIS IN THE FORM OF PROGRESSIVE MASSIVE FIBROSIS

Abstract

Background; Silicosis is one of the most serious and fatal occupational lung diseases which includes a spectrum ranging from acute silicosis to chronic silicosis complicating with progressive massive fibrosis. It is caused by inhalation of free crystalline silica (silicon dioxide) and disease occurs in a dose dependent fashion after many years of exposure. In spite of being one of the oldest known occupational hazards, silicosis is still a major cause of disease burden even with the advancement of modern technology.

Case summary; A 50yr old heavy vehicle driver, heavy smoker with a 30 pack year history, presented with chronic non-productive cough associated with progressive shortness of breath on exertion. His initial evaluation suggested the need for HRCT chest which revealed multiple nodules with marked fibrosis involving the upper and mid zones, evolving to conglomerated fibrotic masses. Based on the occupational exposure, a diagnosis of silicosis with progressive massive fibrosis was made, later which complicated with severe pulmonary hypertension and cor-pulmonale.

Conclusion; Due to unavailability of specific treatment for silicosis, it is vital to diagnose the disease early and shift the potential candidates to safe modes of work places, avoiding further exposure. Strict rules and regulations to prevent exposure at work places should be taken by the relevant authorities.

Key words; Silicosis, Progressive Massive Fibrosis, Occupational Lung Disease