

Abstract

Pneumoconiosis encompasses lung diseases resulting from inhaling airborne dust and fibres, often linked to occupational exposures. Common types include asbestosis, silicosis, and coal miner's lung. These particles lead to lung inflammation and fibrosis, causing irreversible lung damage. Prevention primarily involves reducing workplace exposure and implementing health management regulations.

This case report describes a patient with progressive massive fibrosis resulting from an occupational lung injury, due to silicosis. He had a history of performing sandblasting on denim material, using silica-containing sand. Symptoms emerged after more than 10 years of latency from initial exposure. Based on radiological evidence and by excluding other potential differential diagnoses, a clinical diagnosis of progressive massive fibrosis of the lungs due to silicosis was made.

Silicosis is a preventable occupational lung disease that can be done by adherence to workplace hygiene guidelines provided by the National Institute for Occupational Safety and Health (NIOSH). The diagnosis of silicosis is primarily clinical. Following the diagnosis, it is important to monitor patients for the development of potential complications. These include lung cancer, chronic infections, and pulmonary hypertension. This case report emphasizes the significance of preventive measures and continuous medical surveillance for individuals at risk of silicosis.