

## Interstitial lung diseases

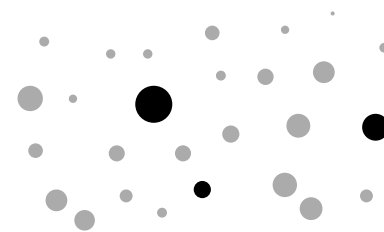
[europeanlung.org/interstitial-lung-disease/](http://europeanlung.org/interstitial-lung-disease/)

Interstitial lung diseases (ILDs), also known as diffuse parenchymal lung diseases, result from damage to the cells surrounding the alveoli (air sacs) leading to widespread inflammation and fibrotic scarring of the lungs.



### Areas for action

- ILDs are an increasing burden on healthcare resources - better availability of specialised services is necessary in order to improve management of these conditions
- Large-scale studies on the genetic causes of ILDs are needed to improve prevention and treatment



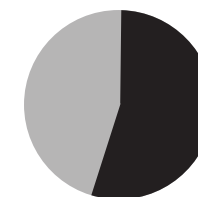
There are more than **300 different ILDs** but the large majority are very rare



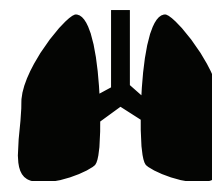
The hospitalisation rate for ILDs is highest in **Austria, Denmark, Norway, Finland, Poland and Slovakia** with more than **40 per 100,000 people**



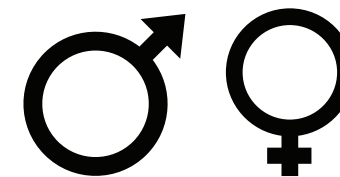
The highest death rate for interstitial lung diseases, of more than **2.5 per 100,000** is seen in the **UK, Ireland, Scandinavia, the Netherlands and Spain**



**Environmental factors** are recognised as causes in about **35% of people** with ILD



**Idiopathic pulmonary fibrosis and sarcoidosis** are the **most common** forms of ILDs and account for **50% of all ILDs**



**Sarcoidosis** is more prominent in **young adults of both sexes and in women over 50 years of age**