

## Treatment is usually with:

- A short course of prednisolone (steroid) tablets when you have a 'flare-up' of ABPA.
- Antifungal medicines, taken by mouth for difficult to treat ABPA or active CPA.
- Your normal inhalers.
- Intravenous (IV) antifungals if needed.

## Avoidance of Aspergillus spores:

- They are everywhere, so this is hard to do!
- Wear a mask with an FFP3 filter when gardening to avoid inhaling excessive amounts of fungal spores. There are larger concentrations in rotting leaves, plants, compost and mulch.
- Regular vacuuming (with HEPA filter) to remove dust from your house helps, as Aspergillus spores collect in these particles.
- Don't dry clothes on radiators, as this puts lots of moisture into the air, encouraging mould growth. Dry clothes outside or in tumble dryers with an outdoor vent.
- Open windows wide after baths and showers to reduce moisture, keeping the door closed.
- Ventilate your house well, to avoid condensation forming. Wipe wet windows.
- Use anti-allergy pillow protectors and bedding.

## Support groups:

- 🌐 Visit [www.aspergillosistrust.org/groups/](http://www.aspergillosistrust.org/groups/)
- 📘 Facebook – search Aspergillosis.
- 👤 Local support groups that meet up in coffee shops and other venues.
- 📍 Good places to discuss symptoms to see if they are a 'normal' daily part of living with Aspergillosis, or whether you need to seek advice from your doctor.
- 🌐 [www.aspergillosis.org](http://www.aspergillosis.org)

## Tips to remember:

- Everybody is different so if one person has a certain symptom, it doesn't mean that you will also have it.
- It's best not to compare yourself with others, as you may not have the same outcome.
- Be guided by your specialist(s) as they know your case best.
- Different people experience the condition to differing degrees. Some find it hardly affects their daily activities, certainly in the early stages, whilst others can find it more incapacitating.
- Try and make the most of what you are able to do and enjoy that, rather than focussing on what you are unable to do.

**You are not alone!**

There is support at:  
**WWW.ASPERGILLOSISTRUST.ORG**

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## What is Aspergillosis?

- ❌ Something Asbestos-related.
- ❌ Something Asperger's-related.
- ✅ A hidden lung condition that can be fatal.

## Aspergillosis is a fungal lung infection causing:

- Allergic reactions making it **difficult to breathe**. This is called allergic bronchopulmonary aspergillosis (ABPA).
- Or lung damage (erosion of lung tissue) from fungal (Aspergillus) infection. This reduces lung function, also making it difficult to breathe. This form is called chronic pulmonary aspergillosis (CPA).
- Long-term illness, but it's **manageable** with the right treatment.

## Where do Aspergillus (fungal) spores come from?

- Rotting leaves, plants, compost and mulch.
- Damp rooms, houses or buildings.
- Building or demolition work dust.
- Air, soil and water.
- Household dust.
- Pillows.

Aspergillosis Trust



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Please support us at:  
[www.aspergillosistrust.org](http://www.aspergillosistrust.org)