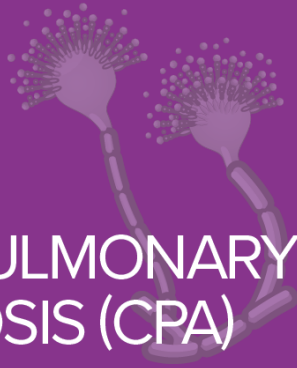




CHRONIC PULMONARY ASPERGILLOSIS (CPA)



Breathing is the greatest pleasure in life

What is CPA?

Chronic: long-term illness

Pulmonary: of the lungs

Aspergillosis: caused by an infection with spores of the fungus Aspergillus

Aspergillus is a common type of fungus that is in the environment. Aspergillosis affects the airways and lungs because the fungal spores are breathed in from the environment.

Chronic Pulmonary Aspergillosis covers a range of disease:

Aspergilloma: a single cavity, or hole, in the lung containing a ball of fungus

Chronic cavitary pulmonary aspergillosis: multiple cavities in the lung, with more widespread infection. Cavitary may also have an aspergilloma

Chronic fibrosing pulmonary aspergillosis: development of scarring in the lungs

CPA is not:

- Contagious: you cannot catch aspergillosis from another person or animal
- Caused by being unhygienic or dirty
- Caused by eating mouldy food

You are not alone!



Find support at:
aspergillosistrust.org

Who is affected by Chronic Pulmonary Aspergillosis?

Most people who breathe in spores do not get ill, because the body's immune system destroys them.

CPA develops when spores can hide away from the immune system most commonly in cavities or scarring left behind by other lung problems, such as:

- previous tuberculosis
- sarcoidosis
- COPD and emphysema
- previous lung cancer
- previous pneumothorax (collapsed lung)
- previous surgery to the lungs

People with weakened immune systems, diabetes and poor nutrition are also more at risk of developing CPA.



CHRONIC PULMONARY ASPERGILLOSIS (CPA)



What are the symptoms?

- ✓ Shortness of breath
- ✓ Coughing up sputum
- ✓ Coughing up blood (haemoptysis)
- ✓ Weight loss
- ✓ Fatigue

People with CPA are more vulnerable to chest infections, and sometimes need additional courses of antibiotics.

Aspergillus grows very slowly, symptoms may not develop for many years.



How is CPA diagnosed?

- ✓ Blood tests to analyse the immune response to Aspergillus
- ✓ Tests on your sputum
- ✓ X-ray and CT scan of the lungs
- ✓ Breathing tests to check your lung function
- ✓ A bronchoscopy: a camera test to look inside your lungs



What to do after coughing up blood (haemoptysis)

Coughing up blood can be worrying at first. It is very common in people with CPA, and most patients learn to understand what is normal for them.

However, large bleeds from the lungs can be life-threatening.

When to seek help:

- ✓ If you cough up more than a tablespoon of blood, attend A+E or call 999.
- ✓ If you are coughing up blood, and start to have difficulty in breathing call 999
- ✓ If you are coughing up blood more frequently than usual, or there is a change to your normal pattern, speak with your doctor



Where do Aspergillus spores come from?

- ✓ Rotting leaves, compost, soil
- ✓ Damp buildings
- ✓ Building or demolition work dust
- ✓ Household dust
- ✓ Pillows and bedding
- ✓ Air conditioning units



How is CPA treated?

CPA usually needs lifelong treatment

Antifungal medicines taken by mouth

Intravenous (IV) antifungal medicines are sometimes needed

Surgery is an option in some patients, to remove a single aspergilloma (ball of fungus) from the lung

What is the treatment for haemoptysis?

If you are having frequent bleeds, you may be prescribed a tablet called tranexamic acid that helps stop bleeding.

If you are admitted to hospital with haemoptysis, you may need a blood transfusion and/or a procedure to stop the bleeding called embolization.