

# What is Asbestosis?

## Description

**Asbestosis is a chronic lung disease caused by inhaling asbestos fibres. Prolonged exposure to these fibres can cause lung tissue scarring and shortness of breath. Asbestosis symptoms can range from mild to severe, and usually don't appear until many years after continued exposure.**

Asbestosis is a type of pulmonary fibrosis, a condition in which the lung tissue becomes scarred over time. It is caused by asbestos, a mineral that has been used in industries such as building construction, shipbuilding, and automotive manufacturing. Asbestos fibres are microscopic and when they are inhaled, they can damage lung tissue. This damage can eventually lead to scarring in the lungs and difficulty breathing. As the disease progresses, more and more lung tissue becomes thickened and stiff from scarring, and lung volume decreases.

The symptoms of asbestosis can vary in severity, but they typically include shortness of breath, chest tightness or pain, persistent dry cough, loss of appetite with weight loss, and fatigue or tiredness. It's important to note that these symptoms can take a long time to develop after exposure to asbestos, often several decades.

Asbestosis is diagnosed through a thorough medical history, a physical examination, and a series of tests that may include pulmonary function tests, chest x-rays, and CT scans. While there's no cure for asbestosis, certain treatments can help control symptoms, prevent complications, and generally slow the disease's progression. Options for treatment include medication (like inhalers), pulmonary rehabilitation, or oxygen therapy. In severe cases, a lung transplant might be an option.

Asbestosis can be a serious health problem and it's best to avoid exposure to asbestos if at all possible. If you're concerned about asbestos exposure, speak to your doctor and consider consulting with an occupational health expert or an industrial hygienist.

**In summary, asbestosis is a serious, chronic disease that can cause significant complications and health issues. If you've been exposed to asbestos, it's important to have regular check-ups and to monitor any changes in your health.**

## CATEGORY

1. Health

## POST TAG

1. Asbestos
2. Construction Sector
3. Control of Asbestos Regulations 2012 (CAR)
4. Dust
5. Health

6. Manufacturing Sector
7. Occupational Illness and Disease
8. Personal Protective Equipment (PPE)

### **Category**

1. Health

### **Tags**

1. Asbestos
2. Construction Sector
3. Control of Asbestos Regulations 2012 (CAR)
4. Dust
5. Health
6. Manufacturing Sector
7. Occupational Illness and Disease
8. Personal Protective Equipment (PPE)

### **Date**

20/09/2024

### **Date Created**

10/07/2024