Exertional haemoptysis: LAM and TSC

Tuberous sclerosis (TSC) is characterised by the occurrence of hamartomas in different organs. It is autosomal dominant with complete penetrance and variable expression. TSC is associated with epilepsy, learning difficulties, and renal and dermatological pathology. Lymphangioleiomyomatosis (LAM) is principally a pulmonary condition characterised by smooth muscle (leiomyo) proliferation around lymphatics (lymph), blood vessels (angi), and alveolar airways. Cystic destruction of lung parenchyma results in the development of pneumothoraces. 50% of patients with LAM have airways. Cystic destruction of lung parenchyma is also associated with epilepsy, learning difficulties, and a single hepatic lesion. Renal biopsy confirmed the presence of angiomyolipomas.

The above findings fulfil the criteria for a diagnosis of LAM and TSC. In view of the diverse clinical course of LAM and the questionable value of hormone therapy, the patient was not commenced on treatment but referred for genetic screening. This case underscores the need to consider such a diagnosis in female patients presenting with solitary exertional haemoptysis.

R A Badawi
D M Geddes
King’s College Hospital, London, UK; rbadawi@msn.com

References


Diaphragm plication following phrenic nerve injury

We read with great interest the paper by Simansky et al. describing the good results of plication of the diaphragm following phrenic nerve injury. The authors conclude that pulmonary function tests (PFTs) in combination with quantitative perfusion scans are helpful in selecting patients for this procedure. In table 4 they present the PFTs they were using and, in addition, they suggest that more sophisticated tests such as ultrasonography or fluoroscopy can also be useful in assessing diaphragmatic paralysis. Although we agree that all these tests are very helpful, assessment of vital capacity (VC) in both sitting and supine positions was omitted. This is a very simple test that gives important information about the function of the diaphragm, with a decrease in VC of >30% from the sitting to the supine position suggesting diaphragmatic paralysis.

The practical value of this test is clearly shown in the following patient in whom we initiated non-invasive positive pressure ventilation (NIPPV) because of a right sided diaphragmatic paralysis due to a coronary bypass. At the start of NIPPV there was a gap between the VC in the sitting and supine positions of 0.8 l (30%, VC sitting 2.7 l and supine 1.9 l). We started NIPPV and the patient became less dyspnoeic and less tired. After 18 months the clinical situation was still improving, with an increase in VC both in the sitting and supine positions to 3.5 l and 2.8 l, respectively. After 36 months the gap between VC in the two positions had almost disappeared (3.6 l and 3.5 l, respectively). In addition, the radiograph of the thorax showed a downward shift and normalisation of the position of the right diaphragm. We therefore stopped NIPPV and after several weeks the patient slept well without ventilatory support. This case illustrates that the assessment of VC both in the sitting and supine positions can be very helpful in the diagnosis and follow up of patients with diaphragmatic paralysis.

P J Wijkstra, P M Meijer, A F Meinesz
University Hospital Groningen, Department of Home Mechanical Ventilation, Postbox 9750 RA, Groningen, The Netherlands; p.j.wijkstra@intazg.nl

Dysfunctional breathing in COPD

I was interested to read Dr Morgan’s review of dysfunctional breathing in asthma in the 2002 Year in Review, but the problem may be even greater in COPD.

Dr Morgan suggests that the problem may have serious consequences in terms of morbidity, but we have published indirect evidence of an association with mortality. In the 10 year follow up of the Darlington and Northallerton Asthma Study the odds ratio for the risk of dying in those who had no best function recorded was 2.5, equivalent to a risk of best function of 60% predicted. Although failure to obtain best function was sometimes associated with steroid phobia, by far the most frequent cause was an inability to complete spirometric tests which is a sensitive indicator of dysfunctional breathing.

In non-clinical practice one sees large numbers of patients managed in primary care who have breathlessness attributed to COPD which may or may not exist objectively. By the time they are seen the subjects usually are genuinely breathless because of deconditioning. There is an urgent need to correct this under recognition of the problem. Perhaps a change in the approach to history taking might be helpful. Breathlessness is usually regarded not only as a symptom of COPD—which it may be—but also as a measure of disability due to physiological limitation—which it certainly is not in moderate airway obstruction. The prime measure of disability in chronic cardiopulmonary dysfunction is exercise limitation. If this is physiologically
mediated through failure of oxygen delivery, then the natural limiting symptom is muscle failure and not breathlessness. This is well recognised in athletes, where breathlessness is accepted as incidental. In as much as breathlessness is due to moderate airway obstruction, it is mechanical in origin and should be regarded as a contributory factor to exercise limitation rather than its prime cause. Moreover, breathlessness is the initia- tor of the vicious circle of decreased physical activity, deconditioning, and breathlessness which leads to the prime cause of exercise limitation deconditioning. A shift in history taking first to establish the extent of exercise limitation and then to ask about the associ- ated symptoms would lead to a much better approach to the management of chronic respiratory disease, particularly in patients with other chronic diseases that themselves lead to exercise limitation. Perhaps respiratory physicians should train themselves to intro- duce breathlessness last rather than first when talking to a patient.

C K Connolly
Aldborough House, Aldborough St John, Richmond, North Yorkshire DL11 7TP; ckr.connolly@medi.uk.com

Reference

Occupational asthma evaluation

We read with interest the paper by Baldwin et al on the level of agreement between expert clinicians and OASYS software when making a diagnosis of occupational asthma. Our clinical unit uses OASYS plotting regularly, and finds it of great use as one element of the diagnostic toolkit available for the confirmation of a diagnosis of occupational asthma.

We were interested to note that there was a low level of agreement between experts and OASYS when peak expiratory flow (PEF) records were interpreted, but agreement within experts was better. We would be inter- ested to know whether the information provided to the experts on the nature of the work was used in determining their final outcome—that is, if an individual was working with a known sensitiser or was in a perceived high risk job, did this influence the outcome more than the graphical and mathe- matical data?

In the clinical setting a decision is made to perform regular PEF monitoring in those patients who are thought to have a reasonable possibility of having occupational asthma, as judged by the clinical information to date. Perhaps a further study option would be to give experts the clinical data first (more like the clinical information to date). We hope we have provided a tool for use by the non-expert in the initial assessment of occupational asthma. We agree that these records need to be made as soon as the diagnosis is suspected and before workers are removed from their jobs. Supervising such a move does, however, require a high level of expertise with particular emphasis on record- ing working times, keeping treatment con- stant, and recording the timings of readings. Help is provided for this on the website occupationalasthma.com, as well as suitable record forms with instructions which can be downloaded.

Ideally, OASYS should be used interactively. The patient returns to clinic with his record stored in an electronic meter. The cli- nician and patient review the record together. This allows the clinician to ask those ques- tions suggested by the record such as “Did you have a respiratory infection last week?” (if there was an unexpected fall in PEF crossing work/rest interfaces), or “Remind me of your work pattern on the 25th of last month” (when a single work day shows no deteriora- tion where others do). The integration of clinical and information and record is thus even closer, enhancing the diagnostic toolkit referred to by Dr Fishwick and colleagues.

P S Burge
Department of Respiratory Medicine, Birmingham Heartlands Hospitals, Birmingham B9 5ST, UK; sherwood.burge@heartsol.wmids.nhs.uk

Lung function in preschool children

We read with great interest the recent paper by Nystad et al on the feasibility of spiromet- ric tests in preschool children using candle blowing incentives, in support of recent publica- tions.1,2 As there is a dearth of spiro- metric reference data for this age group, we value the additional regression equations derived. However, we have several questions concerning this study.

The regression formulae presented were based on 603 children, of which 476 (78.9%) were reported as having “asthmatic symp- toms” or “parental smoking habits”. It would be interesting to stratify the results, analysing healthy and non-healthy populations sepa- rately.

The actual age distribution of the preschool population in table 1 ranged from 4.3 to 4.8 years (that is, age 4 years). This narrow age distribution may explain the high r values of the linear regressions shown in table 4. Evalu- ating younger and older children may de- crease the r values of logarithmic regression. Linear regressions should be used cautiously since parameters may appear to be too low in older children and “negative” in those who asthmagenerally (fig 1).

The “candle blowing” incentives were assumed to facilitate technically correct spiro- metric tests in the young children. We found that such incentives induced premature ter- mination of forced vital capacity (FVC) which led to lower values than with other methods.1 This is not the case, however, for forced expiratory volume in 1 second (FEV1) values were similar (fig 3).

Acceptance criteria for correct FVC curves are vague in the absence of expiration time and “end of test” criteria.1 Inclusion of curves with a difference of 15% between the

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two best curves should be avoided on the basis of standard recommendations and previously published data (<5% difference only).\(^1\)

In view of the increasing interest in lung function in preschool children, resolving these questions would help to standardise spirometric parameters in this age group.

D Vilozni, O Efратi, A Barak
Sheba Medical Center, Ramat Gan, Israel 52625; avivi@netvision.net.il

References


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C K Connolly

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