



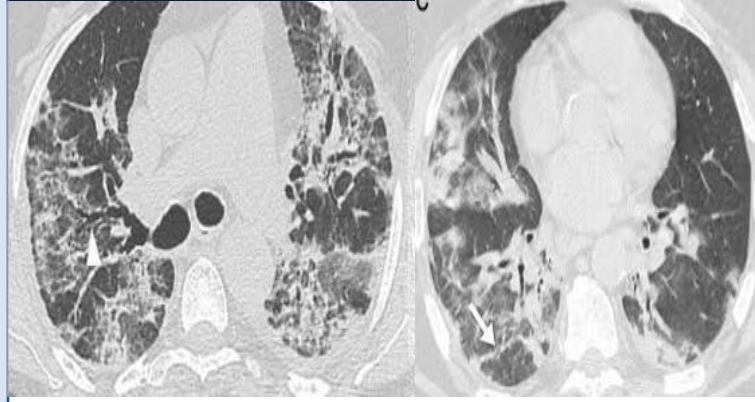
# Post Covid Lung Fibrosis – A Myth or Fact

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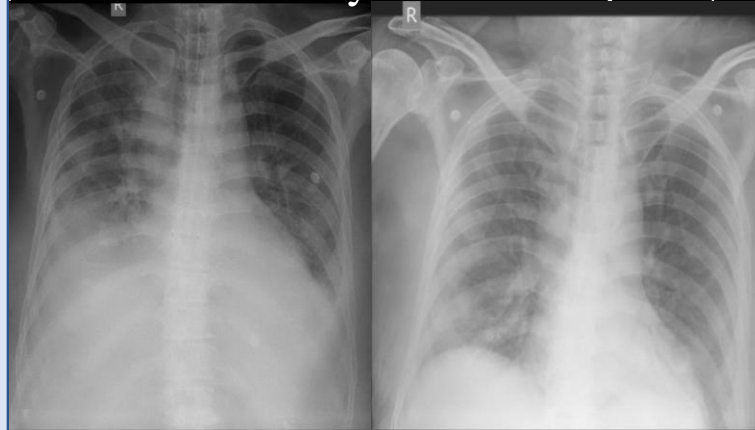
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## Admission CT



## Admission xray Follow up xray



## Introduction

The phrase “post-covid fibrosis” is a misnomer because fibrosis is defined as an increase in interstitial fibrous tissue according to Webster's dictionary<sup>1</sup>. "Lung scarred is lung lost," this suggests an irreversible process with long-term consequences. Because the lung shadows are found to be resolving on radio imaging in the majority of instances with covid pneumonia, it should be referred to as post covid lung changes rather than post covid lung fibrosis. Covid fibrosis is non-progressive, according to the latest and longest longitudinal study on the disease's natural history<sup>2</sup>. Here we will be presenting a case report of an elderly male who was hospitalized for more than a month and completely recovered from covid without any significant residual lung shadow on imaging.

63-year-old male not vaccinated for Covid, with the background history of COPD and IHD was admitted for covid pneumonia. Within 24 hours he rapidly deteriorated to ARDS and required Noninvasive ventilatory support. HRCT chest showed extensive bilateral lesions similar to lung fibrosis with some areas of ground glass opacities, but he was not initiated on Antifibrotics. He was treated with Remdesivir, iv steroids, anticoagulation, iv antibiotic and supportive care. He was gradually weaned off from ventilator to HFNC, later to venturi and discharged on home oxygen therapy and tapering doses of oral steroids. On follow-up after 2 weeks in post covid care clinic he was free of oxygen and his chest x-ray showed near complete resolution of lung infiltrates.

## CONCLUSION

Though patients recovering from Covid ARDS have abnormal lung shadows, they are results of “one time insult” as opposed to ongoing fibrosis of Fibrosing interstitial lung diseases. Hence, they are most likely to resolve. Antifibrotic medications are not indicated in this scenario

1. Fibrosis.” Merriam-Webster.com Dictionary, Merriam-Webster, <https://www.merriam-webster.com/dictionary/fibrosis>.
2. Hellemons ME et al. Persistent Health Problems beyond Pulmonary Recovery up to 6 Months after Hospitalization for SARS-CoV-2; A Longitudinal Study of Respiratory, Physical and Psychological Outcomes. Annals of the American Thoracic Society. 2021 Sep 28(ja).