

WHAT IS ASPERGILLOSIS?

About 2.5% of adults who have asthma also have allergic bronchopulmonary aspergillosis.

Aspergillosis is an infection caused by the *Aspergillus* fungus. This mold is usually found outdoors in dead leaves, plants or soil, but can also grow in moist environments indoors. Most people breathe in spores every day without being affected, but in certain people, *Aspergillus* can cause allergic reactions, lung infections and infections in other organs. Those with weakened immune systems, underlying lung disease or asthma are most at risk of developing illness.

01 | Types

There are several different forms of aspergillosis. Some of the most common types include:

- Allergic bronchopulmonary aspergillosis (ABPA) — an allergic reaction to the *Aspergillus* mold. Most common in those with asthma or cystic fibrosis
- Aspergilloma — occurs when a ball of *Aspergillus* grows in the lungs or sinuses, but does not usually spread through the body
- Chronic pulmonary aspergillosis — occurs when *Aspergillus* infection causes cavities in the lungs and can be long-term
- Invasive aspergillosis — a serious infection that can spread to other parts of the body. This infection occurs mostly in those with a weakened immune system.

02 | Symptoms

Symptoms can vary depending on the type of aspergillosis. Some common symptoms may be:

- Wheezing or shortness of breath
- Cough that brings up mucus or blood
- Fever and chills
- Fatigue
- Chest or joint pain

03 | Treatments

Treatment for aspergillosis depends on the type and any underlying conditions the person may have. One treatment option may simply be observation, as single aspergillomas often don't need treatment and should be closely monitored to determine next steps. Other common treatment options are surgery, antifungal medications and corticosteroids.

For more information on Aspergillosis and supportive resources, please visit [mayoclinic.org](https://www.mayoclinic.org)

Did You Know?

*More than 180 types of *Aspergillus* have been identified.*

References

<https://www.cdc.gov/fungal/diseases/aspergillosis/statistics.html>

<https://medlineplus.gov/aspergillosis.html>

<https://my.clevelandclinic.org/health/diseases/14770-aspergillosis>

<https://rarediseases.org/rare-diseases/aspergillosis/?filter=ovr-ds-resources>

<https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-at-to-z/aspergillosis>