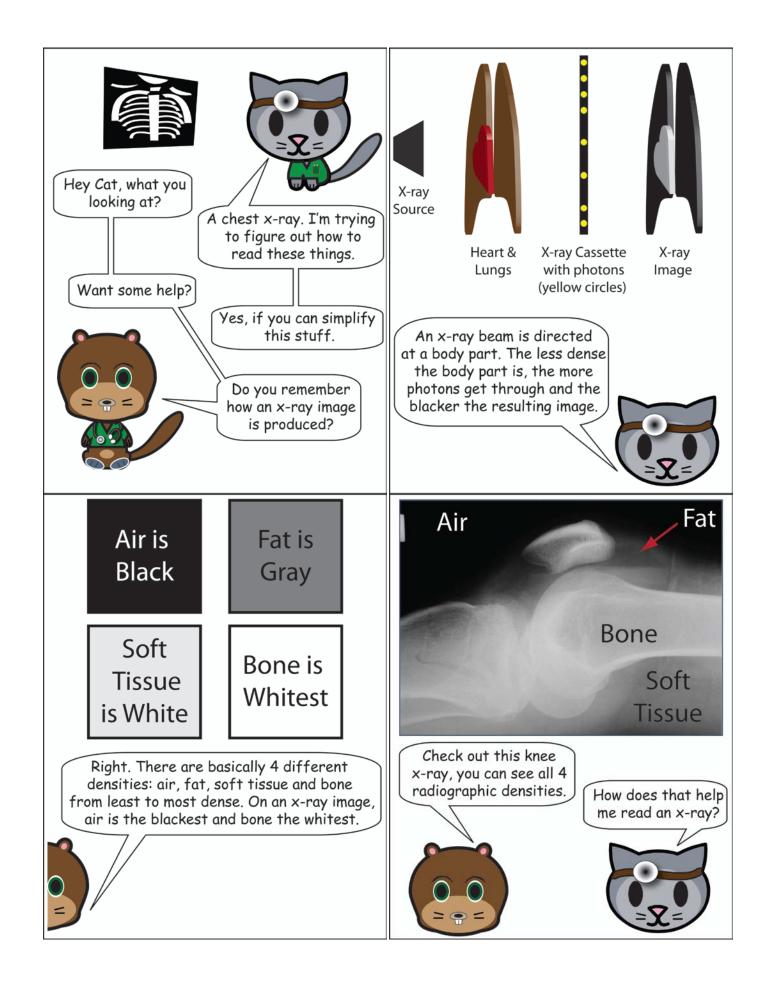


By Stefan Tigges MD MSCR



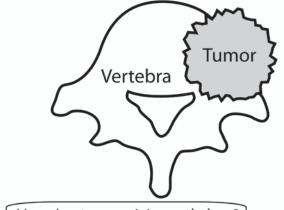




An x-ray is a 2 dimensional gray scale representation of the anatomy you learned in the first 2 years of medical school. For example, the bones on an x-ray correspond to the bones you memorized 2 years ago. With some training and practice, you can learn to recognize derangements in the normal anatomy.







How about recognizing pathology?





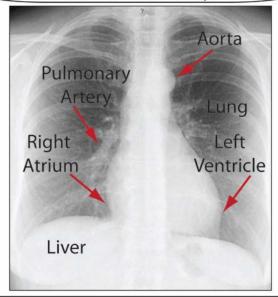
We recognize pathology when we see an x-ray density in an abnormal place. For example, we expect the spine to be bone density but if we see soft tissue in a vertebra, we must suspect a bone destroying tumor.

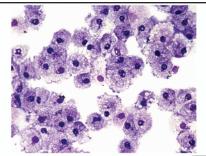
Can we really see all the anatomy we learned?

No, an x-ray is too crude. Fortunately, we have MRI and CT.

So what can we see on an x-ray?

Some of the anatomy is visible, but you need to look in a textbook to really learn it.





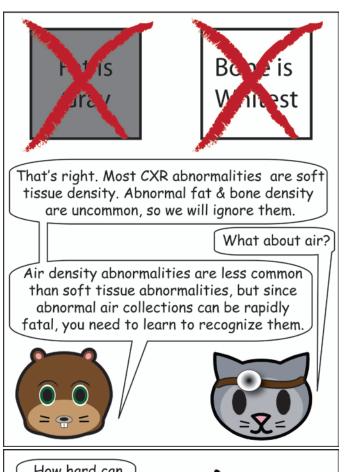
Sounds easy.

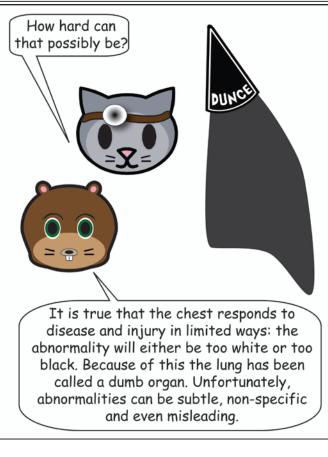
It turns out to be much harder than that but we will keep things simple.
Let's go back to our 4 radiographic densities. What density would you expect most tumors and infections to be?

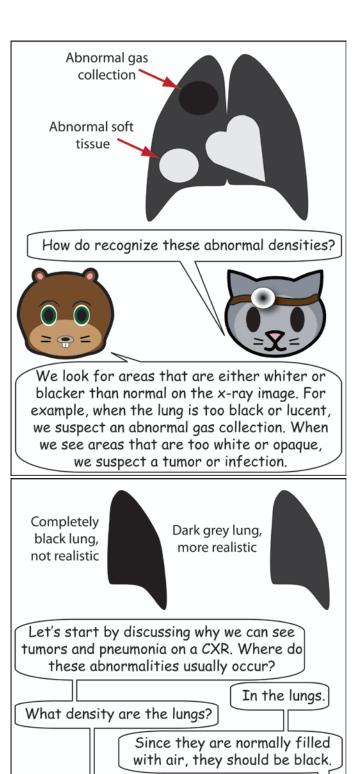
Tumors and infections are basically collections of cells, so I would expect them to be of soft tissue density.











The lungs are not completely

black because they do contain

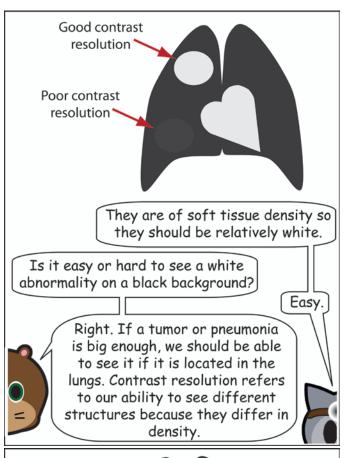
some soft tissue elements like

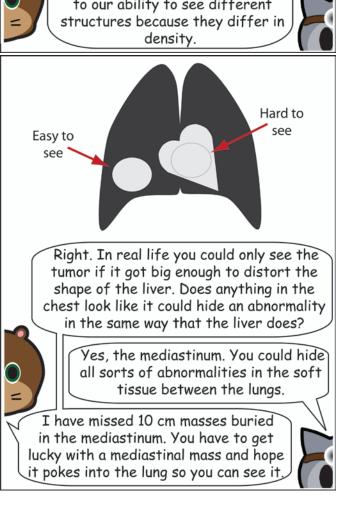
blood vessels, but they are much

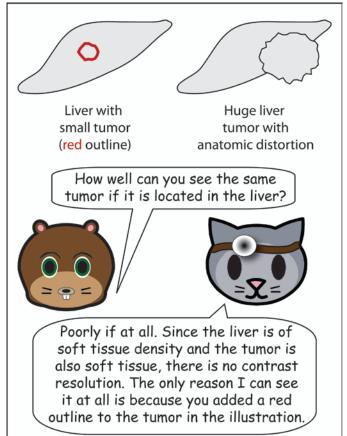
more lucent than any other chest

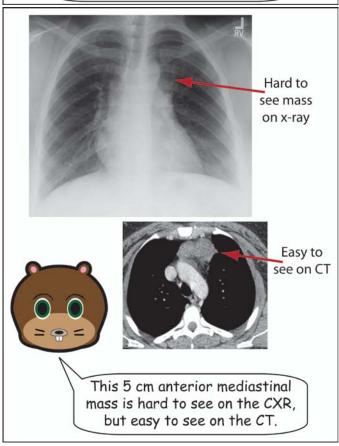
structure. Remind me what

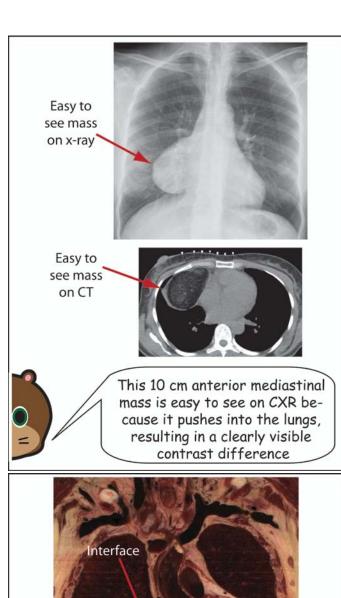
density tumors and infections are

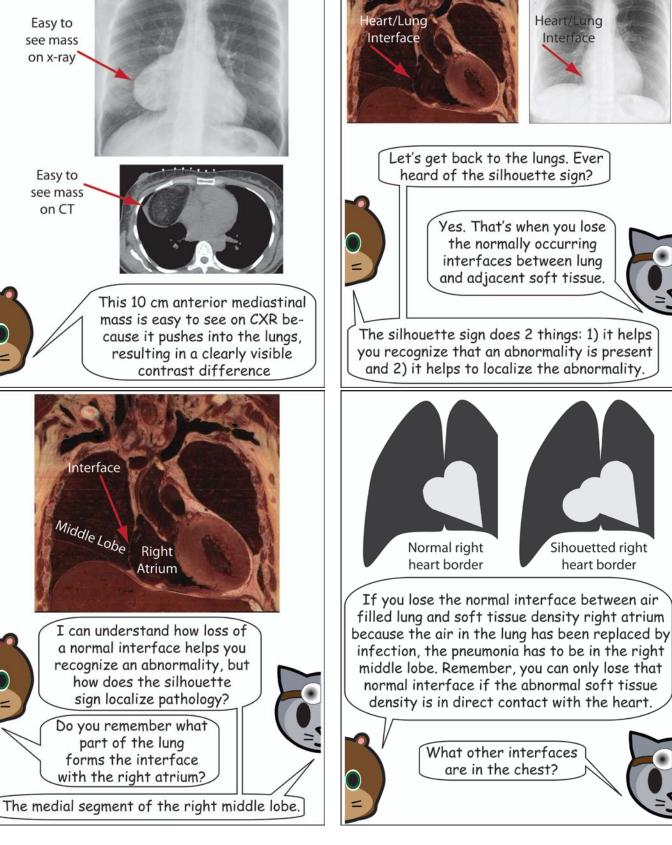


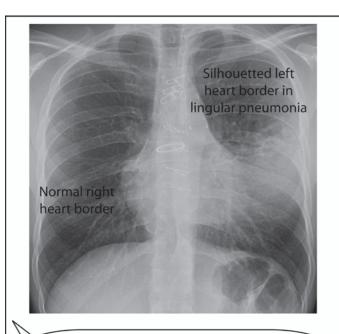




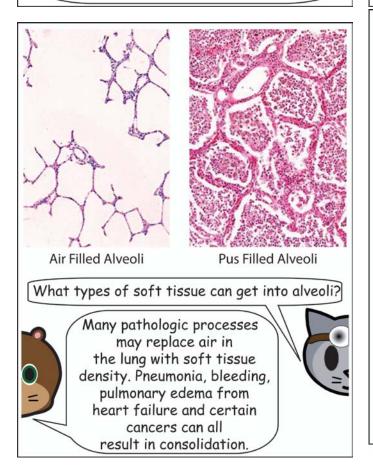


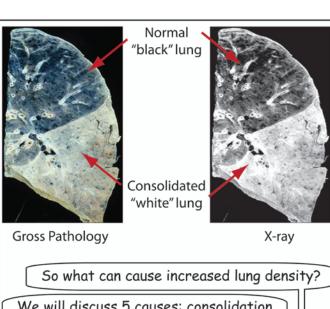






The left ventricle projects into the lingula, so loss of the left heart border indicates that the abnormality is in the lingula. The lower lobes sit atop the diaphragm, so loss of the interface between lung and diaphragm localizes an abnormality to the lower lobe.

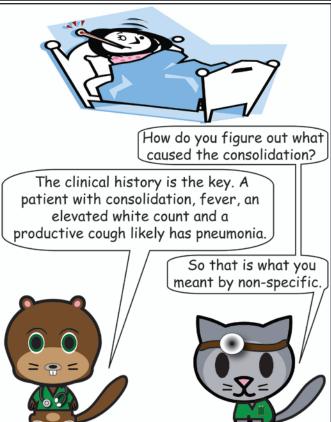


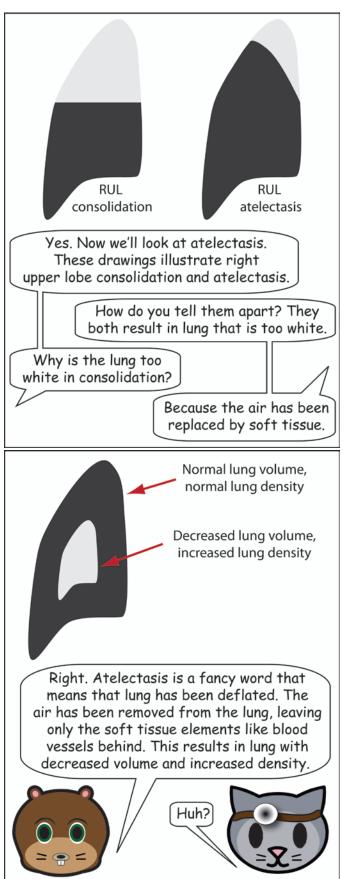


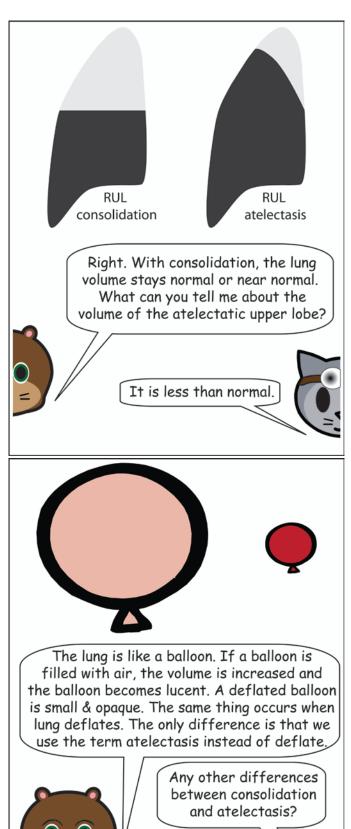
We will discuss 5 causes: consolidation, atelectasis, nodules/masses & effusion.

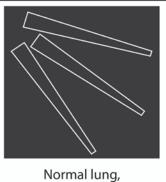
Let's start with consolidation.

Normal alveoli are air-filled, which is why lung is basically air density. Consolidation occurs when air is replaced with soft tissue and the lung turns white.









bronchi poorly visible

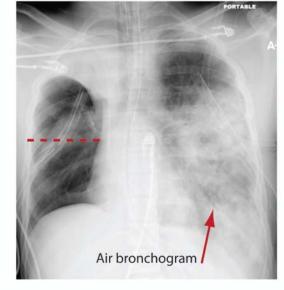


"Air bronchograms"

Consolidation may have a finding called air too thin. But if the alveoli become filled with fluid, the air filled bronchi become visible against the soft tissue

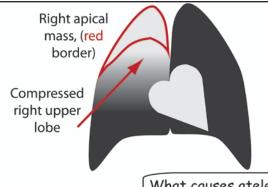


bronchograms. Normally, bronchi are poorly visible on an x-ray because the bronchi are density background.



From: Felson's Principles of Chest Roentgenology

This CXR shows right upper lobe atelectasis. The dotted red line shows the normal inferior extent of the upper lobe. The left lower lobe is consolidated with normal volume and multiple air bronchograms (red arrow).



What causes atelectasis?

The 4 types of atelectasis are: 1) passive, 2) adhesive, 3) cicatricial and 4) obstructive.



We'll start with passive. Whenever you have a mass or a pleural effusion pushing on lung, the lung volume decreases.

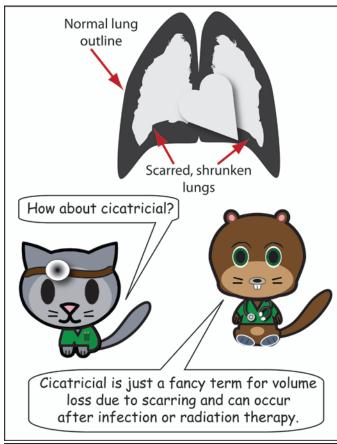


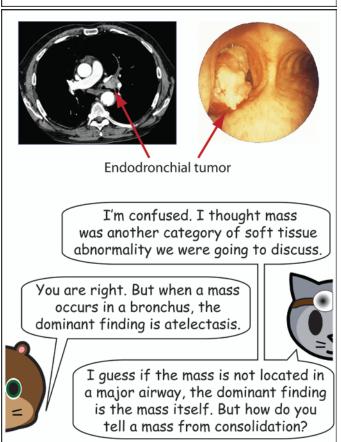




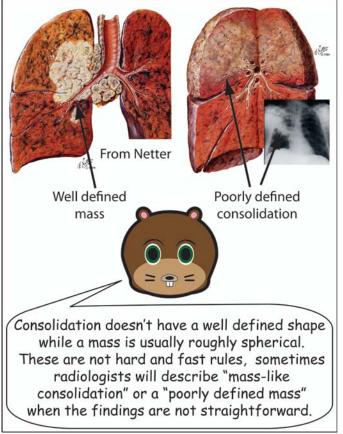
Adhesive atelectasis sounds as if the alveoli are glued shut.

That's close. Adhesive atelectasis results when there is inadequate surfactant. The best example is respiratory distress syndrome of the newborn. In this premature infant, the lungs have diffusely increased density and lung volumes are low.







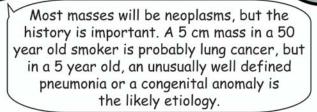


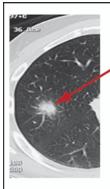




http://lane.stanford.edu/tobacco/index.html

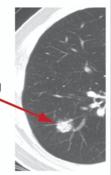
What causes a mass?



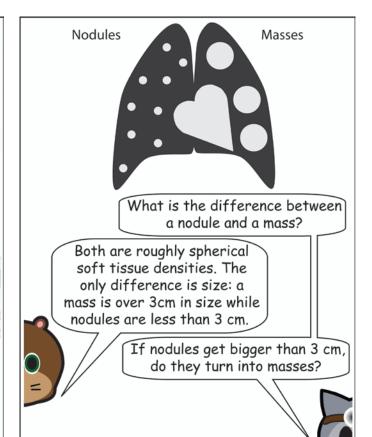


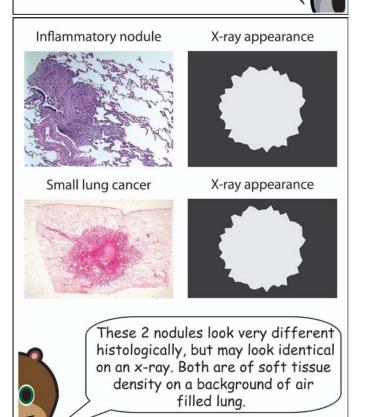
This nodule represents infection

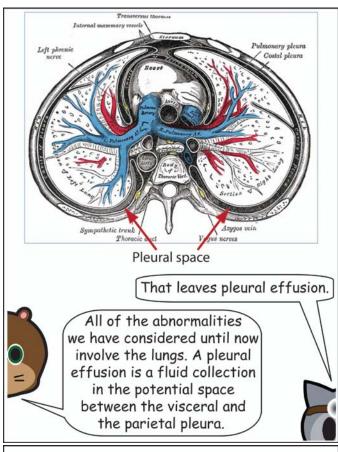
Identical appearing nodule in a different patient is cancer

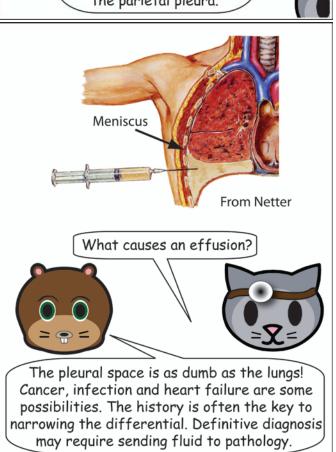


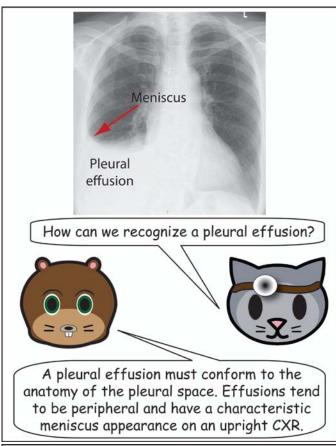
Yes. In fact the differential diagnosis for nodules is similar to masses. Cancer and infection as well as other etiologies should be considered, and often we have to figure out what is going on with a CT scan, even though a CT may not always give us the answer either. Again the history is key: if there is a known malignancy or a smoking history, metastases or a lung cancer are most likely, but if the patient has fever and a white count, we have to favor infection.

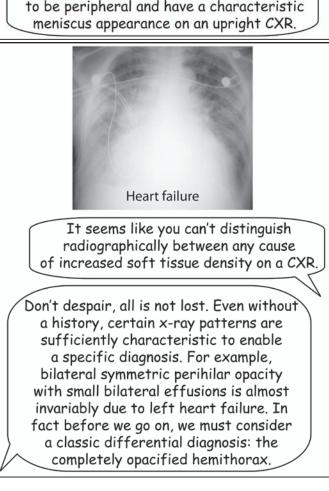


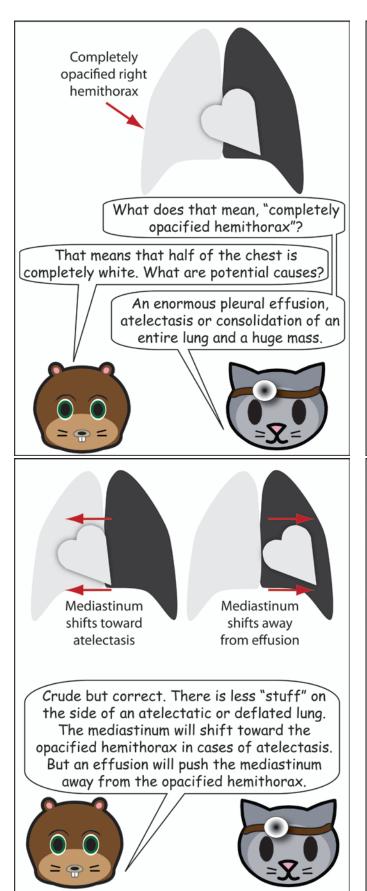


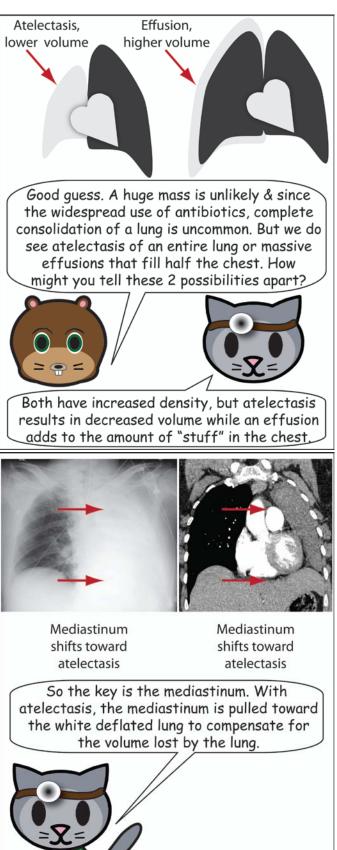


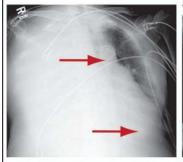


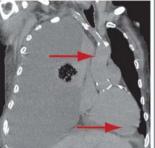












Mediastinum shifts away from effusion

Mediastinum shifts away from effusion

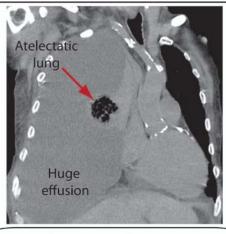
An effusion results in increased material in the opacified hemithorax and pushes the mediastinum away from the opacification.



How often do you see complete opacification of a hemithorax?



In our practice we see it about once a week. The reason we want to distinguish between an effusion and obstructive atelectasis is that treatment is different. In cases of obstructive atelectasis, the obstruction can often be removed, especially if it is a mucous plug. An effusion is treated with thoracentesis. Unfortunately, cancer is a frequent cause of both obstructive atelectasis and massive effusions.



Correct. There is one fine point I want to add so that you don't get confused. In both of these cases the lung ends up deflated. When there is shift to the opacified hemithorax, the lung is deflated because of endobronchial obstruction with a net loss of volume on that side. With a massive effusion, the volume of fluid is so great that the mediastinum is pushed to the opposite side at the same time that the lung is deflated by the fluid.

This is an example of passive atelectasis.

Can we move on to decreased density?

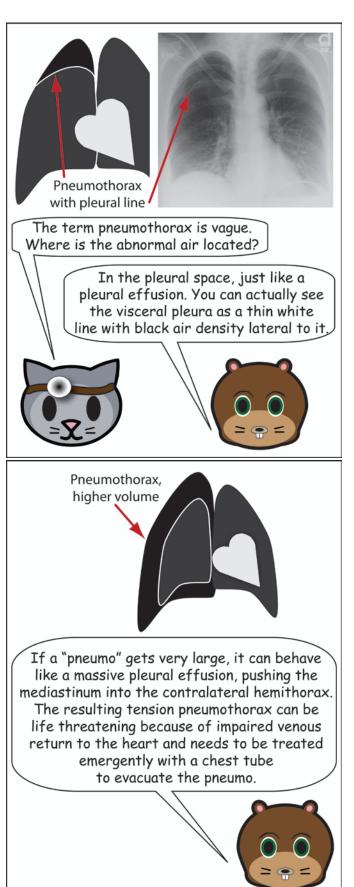
Yes. What do you think causes the density of the chest to be abnormally decreased?

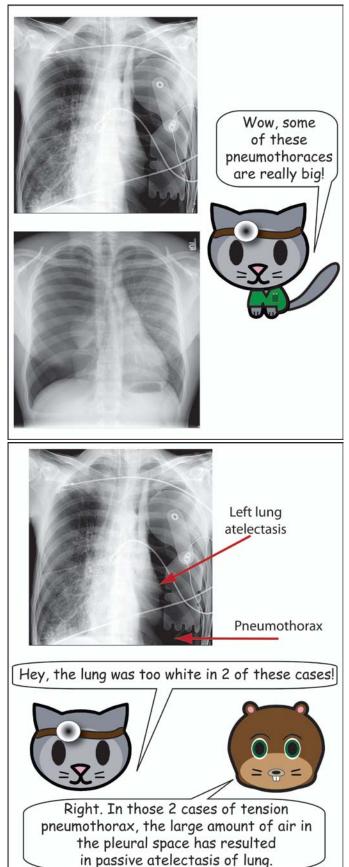
Too much air making the chest too black.

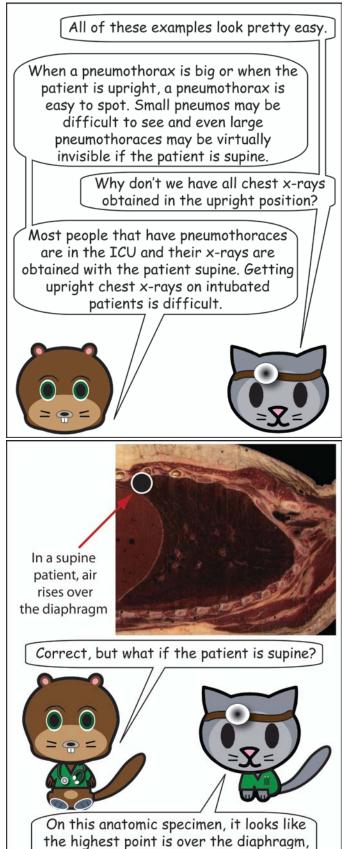
Correct. We will discuss 4 types
of abnormal air collections:
1) pneumothorax, 2) pneumomediastinum,
3) pneumopericardium and
4) pulmonary cavitation.
We'll start with pneumothorax.



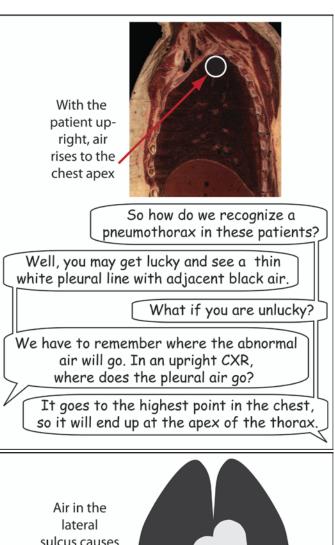


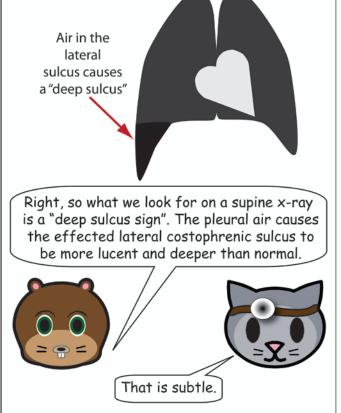


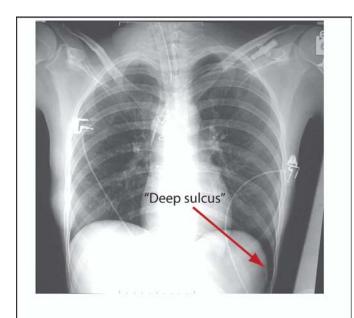




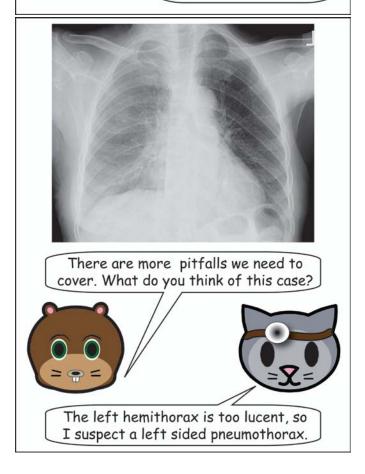
so that is where I expect the air to go.

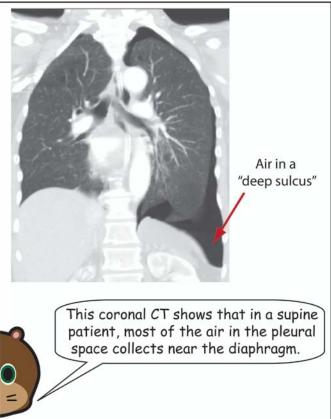


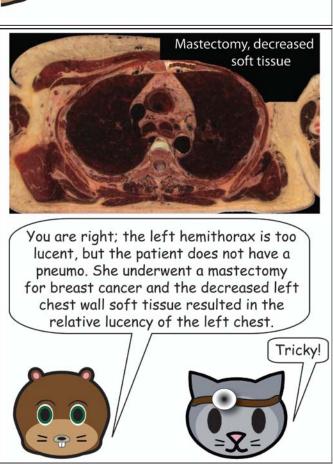


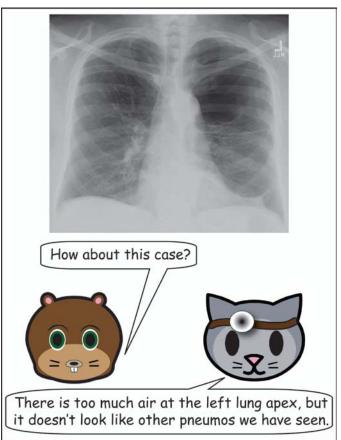


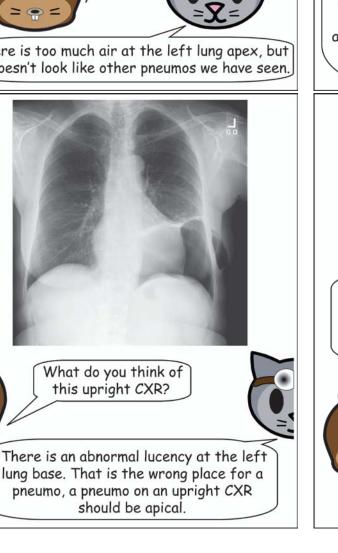
Look at the left sulcus, see how it is blacker and deeper than the right sulcus. This person developed a left pneumothorax following the left line placement.

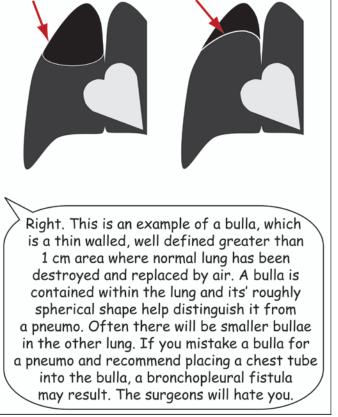






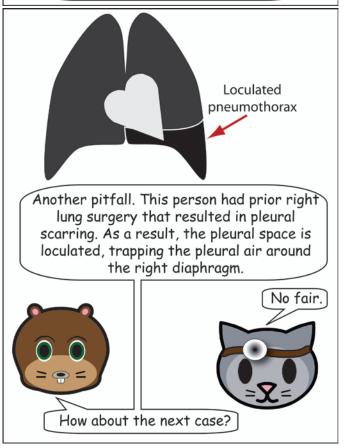


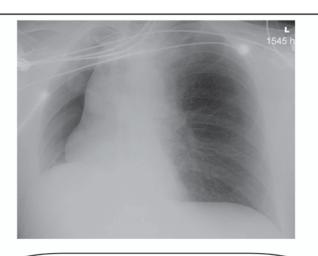




Pneumothorax

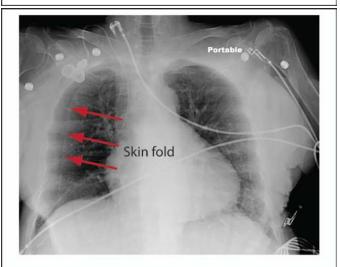
Bulla





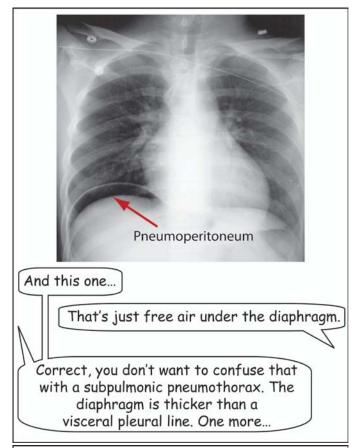
The entire right hemithorax is too black.
But in this case the volume of the right
chest is abnormally small. A pneumo usually
results in increased volume.

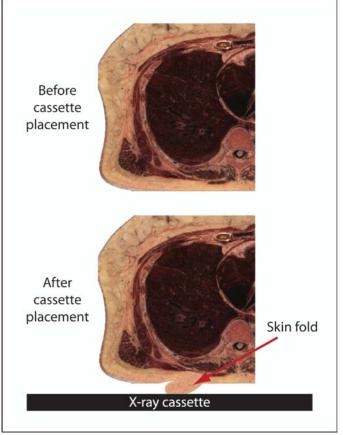
This person just underwent a right pneumonectomy. The only thing left in the right chest is air. The volume is decreased because the contents of the right chest have been removed.

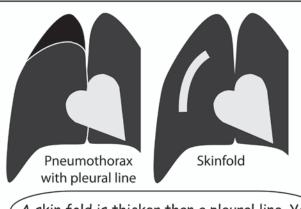


That has got to be a right pneumothorax!

Nope, that is a skin fold. When the technologist slides an x-ray cassette behind a patient, occasionally redundant skin gets heaped up. On an x-ray, the resulting skin fold can mimic a pleural line, but there are differences.







A skin fold is thicker than a pleural line. You can see lung markings peripheral to a skin fold, while with a pneumo, you should have featureless pleural air beyond the thin pleural line.



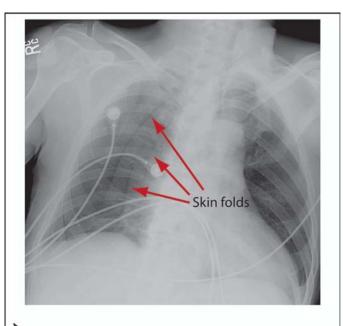




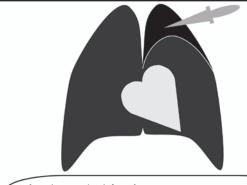
Pneumothoraces are tricky.
What is the most common cause?

Anything that results in communication between the atmosphere or air in the subpleural lung and the pleural space can give you a pneumothorax. Can you think of some etiologies?

If you cross the pleural space and poke a hole in the lung while putting in a central line you can get a pneumo.



Since a skin fold is a non-anatomic feature, it will do things that a pneumo won't. Here are 3 skin folds crossing from the right to the left chest. A pleural line won't extend into the opposite hemithorax.



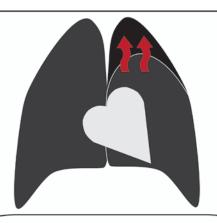
That's probably the most common cause.

Other potential etiologies include penetrating trauma like a stab wound, rib fractures and barotrauma.





I can see how penetrating injuries and rib fractures could tear the lung and pleura, but how does barotrauma result in a pneumothorax?



Positive pressure ventilation may result in alveolar hyperinflation. If over inflated subpleural alveoli rupture into the pleural space, the patient ends up with a pneumothorax. Sometimes, there is a one way valve effect, with rapid accumulation of air in the pleural space resulting in a tension pneumothorax.

A pneumothorax in an intubated patient can quickly become life threatening.

But not all pneumos occur in traumatized or intubated patients, right?

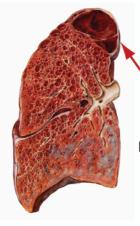
The mediastinum, that soft tissue lump in the middle of the chest



Of course. Let's start with the definition.

Easy. A pneumomediastinum is any abnormal air collection in the mediastinum.

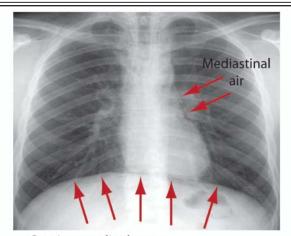
Right. The findings may be tricky. Since there is no potential space for the air to accumulate, what you most commonly see are streaks of air in the mediastinum often extending into the neck. There may also be a continuous diaphragm sign.



This is not really a bleb, but it gives you the idea. From Netter

True. There are cases of spontaneous pneumothorax, especially in tall skinny people, usually the result of rupture of something called a bleb. A bleb is a small air bubble in the visceral pleural that can rupture into the pleural space, causing a pneumothorax. I'll let you look up catamenial pneumothorax on your own.

Can we move on to pneumomediastinum?



Continuous diaphragm

What's that?

The idea is similar to the silhouette sign.

Normally, you cannot draw a line all the way across the diaphragm without bumping into the heart because the soft tissue heart sits on top of the soft tissue diaphragm. With a pneumomediastinum, air gets in between the heart and the diaphragm, allowing you to see the entire diaphragm.



Trachea and bronchi

Can you think of any etiologies for a pneumomediastinum?





Sure. The mediastinum contains the esophagus and the tracheobronchial tree.
Rupture of any of these structures can result in leakage of air into the mediastinum.

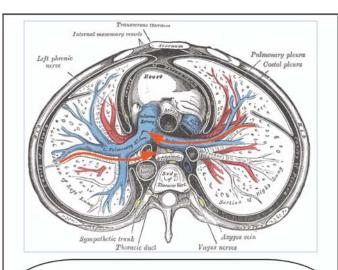
It depends on the site of rupture. If subpleural alveoli are involved, you may have rupture into the pleural space with a resulting pneumothorax. If alveolar rupture occurs more centrally, a pneumomediastinum may result.

In what types of clinical settings might you see a pneumomediastinum?





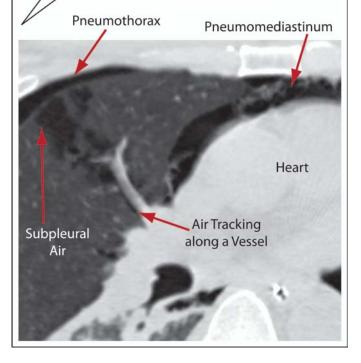
Patients with esophageal or tracheobronchial injury typically have a history of severe blunt or penetrating trauma. Endoscopy can sometimes result in perforation of these structures. Prolonged vomiting or swallowing a sharp object such as a chicken bone can tear the esophagus.



True, but most cases of pneumomediastinum are not caused by esophageal or tracheobronchial rupture. Most of the time a pneumomediastinum is caused by rupture of overinflated alveoli. The air then dissects (orange arrows) back to the mediastinum along bronchi or vessels.

Wait a minute; doesn't alveolar rupture cause a pneumothorax?

This ICU patient on PEEP developed both a pneumothorax and a pneumomediastinum. Air is present subjacent to the pleura and along a vessel tracking back to the mediastinum.



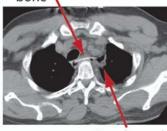


What should I consider in an outpatient with pneumomediastinum?

The most common cause of pneumomediastinum in the outpatient setting is transient increased intrathoracic pressure with alveolar rupture. Asthmatics frequently have this finding because of airway obstruction, but a vigorous Valsalva maneuver and vomiting can also cause alveolar rupture.



Chicken bone

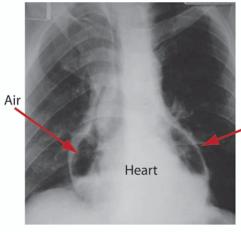


Esophageal perforation

I can see how a pneumomediastinum in the setting of prolonged vomiting could be problematic.

You may need to do a contrast swallow and a CT scan to rule out an esophageal rupture.

What types of inpatients are at risk for pneumomediastinum?

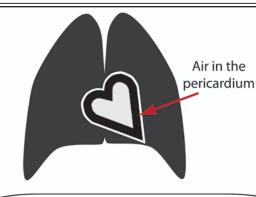


Pericardium

Courtesy Gautham Reddy MD

Intubated patients on positive pressure ventilation. In fact, these patients often have both a pneumothorax and a pneumomediastinum. The one doesn't cause the other, but they may share a common etiology. What abnormal air collection do you see on this x-ray?

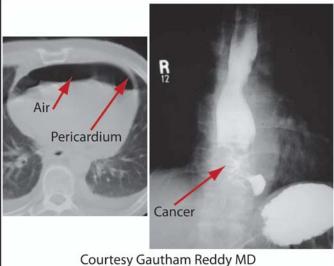
There is air surrounding the heart.



Correct. Air in the pericardium is called pneumopericardium. Causes include trauma, surgery, infection with gas forming organisms and positive pressure ventilation.

How does positive pressure cause pneumopericardium?

I don't know. But you can see it occasionally in intubated patients along with pneumothorax and pneumomediastinum. The finding is easily recognized because both sides of the heart are outlined with air.

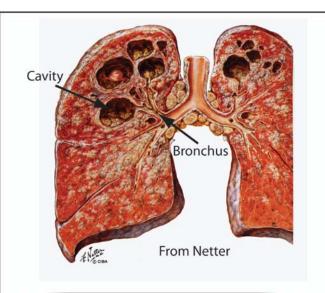


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This patient developed an esophagopericardial fistula because of an esophageal cancer that eroded into the pericardium.

That's awful!

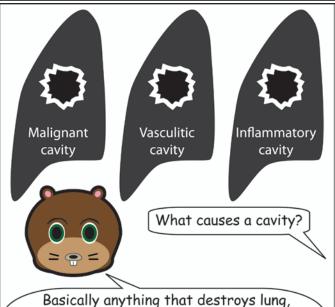
Last topic: pulmonary cavities, also pretty awful.



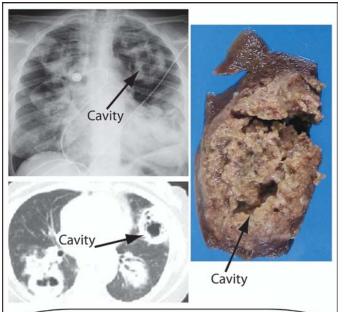
A pulmonary cavity occurs whenever a portion of lung is destroyed and replaced by air.

How does air replace necrotic lung?

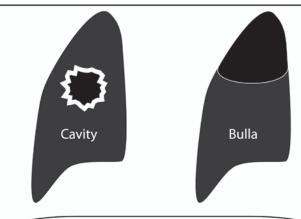
When the necrosis erodes into a bronchus, the necrotic tissue can be evacuated by coughing and replaced by air.



Basically anything that destroys lung, including cancer, both primary and metastatic, infections and vasculitis. Unfortunately these processes may look identical. Again the history is key: if a patient smokes and is relatively asymptomatic, consider lung cancer, but a rapidly progressive course, fever and a productive cough suggest infection.

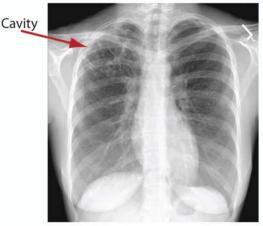


For example, this poor lady was immunocompromised and had a rapid downhill course and died. An autopsy showed that the cavities were due to an aggressive pneumonia that resulted in multiple abscesses.



Hey, wait a minute! What's the difference between a bulla and a cavity?

Both occur when lung is destroyed & replaced by air, but a bulla is usually smooth and thin walled, while cavities have thick and irregular walls. Bullae are commonly seen in patients with emphysema and represent a long standing indolent process, while cavities represent active disease.





From: Felson's Principles of Chest Roentgenology

Post primaryTB has a fairly typical pattern of cavitation. You should think of reactivation TB if there is upper lobe cavitation involving the apical and/or posterior segments.



References, Acknowledgements etc.

Many of the illustrations are modified clipart from Microsoft (Redmond, Washington) Office except "Doc" Squirrel is an original creation. Obviously I borrowed from Netter and other sources and (ususally) gave credit. All artwork was created or modified using Adobe Illustrator CS4 and/or Photoshop CS4 (San Jose, California). Look for more sequels, coming soon!



