

## Mayo Clinic Minute: Feather duvets and hypersensitivity pneumonitis

If you have a feather duvet, down pillows or clothing and have some breathing concerns, you should learn about feather duvet lung.

Feather duvet lung (FDL), or hypersensitivity pneumonitis, is a lung problem caused by sensitivity to antigens from duck or goose feathers in duvets and pillows. Breathing in this dust triggers a reaction in the body, causing lung inflammation and difficulty breathing.

Dr. Ana Zamora-Martinez, a Mayo Clinic pulmonologist, says repeated exposure can lead to irreversible lung fibrosis, where the lungs become permanently scarred and damaged.

Video	Audi
Ana Zamora-Martinez, M.D. Pulmonology Mayo Clinic	Down-filled comforters, pillows and jackets may feel luxurious, but breathing in dust from these feathers can cause lung inflammation in some people.  "A sensitivity in the lungs, that is an inflammation that, if not treated on time, can progress to fibrosis is scarring in the lungs."
	It can take days or months of exposure before a person has symptoms.
	"The symptoms are shortness of breath, cough. You can have a fever, or low-grade fever, not high grades – just feeling unwell, malaise."
	Pulmonary fibrosis is irreversible, but there are treatments to halt its progression.
	"We can prevent that inflammation that is still there, give it a steroid and melt the inflammation, give it immunosuppression, and melt inflammation, and then [it] heals normally [and] does not progress to scarring or fibrosis."
	And what about all that down?
	"The most important thing is to get rid of the antigen."
	For the Mayo Clinic News Network, I'm