

Epidemiological Study of Pulmonary Hypertension in Patients with Interstitial Lung Diseases (PH-ILD) in Greece: A Retrospective Multicenter Study.

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A. Zacharias¹, A. Boutou¹, S. Zafeiri², P. Papapetrou², A. Georgiou², E. Kefalidou², A. Anthi³, E. Dima³, F. Frantzeskaki⁴, T. Chrysochoidis¹, P. Gourgiotis¹, P. Kariofillis⁵, E. Demerouti⁵, I. Mitrouska⁶, V. Stamatopoulou⁶, E. Stagaki⁷, G. Giannakoulas¹, I. Tsagkaris⁴, G. Pitsiou¹

¹Aristotle University of Thessaloniki, Thessaloniki, Greece, ²Galenica S.A., Kifisia, Greece, ³Evangelismos Hospital, Athens, Greece, ⁴National and Kapodistrian University of Athens, Athens, Greece, ⁵Onassis Hospital, Athens, Greece, ⁶University Hospital of Heraklion, Heraklion, Greece, ⁷Sotiria Chest Hospital, Athens, Greece.

INTRODUCTION

Pulmonary hypertension associated with interstitial lung disease (PH-ILD) is a severe and progressive condition that substantially worsens morbidity and mortality. Patients are frequently diagnosed at an advanced stage, characterized by reduced functional capacity and hemodynamic compromise. Despite its clinical relevance, there is a lack of real-world evidence on PH-ILD in Greece.

OBJECTIVE

To describe the epidemiological indicators, demographic characteristics, comorbidities, and clinical outcomes of patients diagnosed with PH-ILD in Greece.

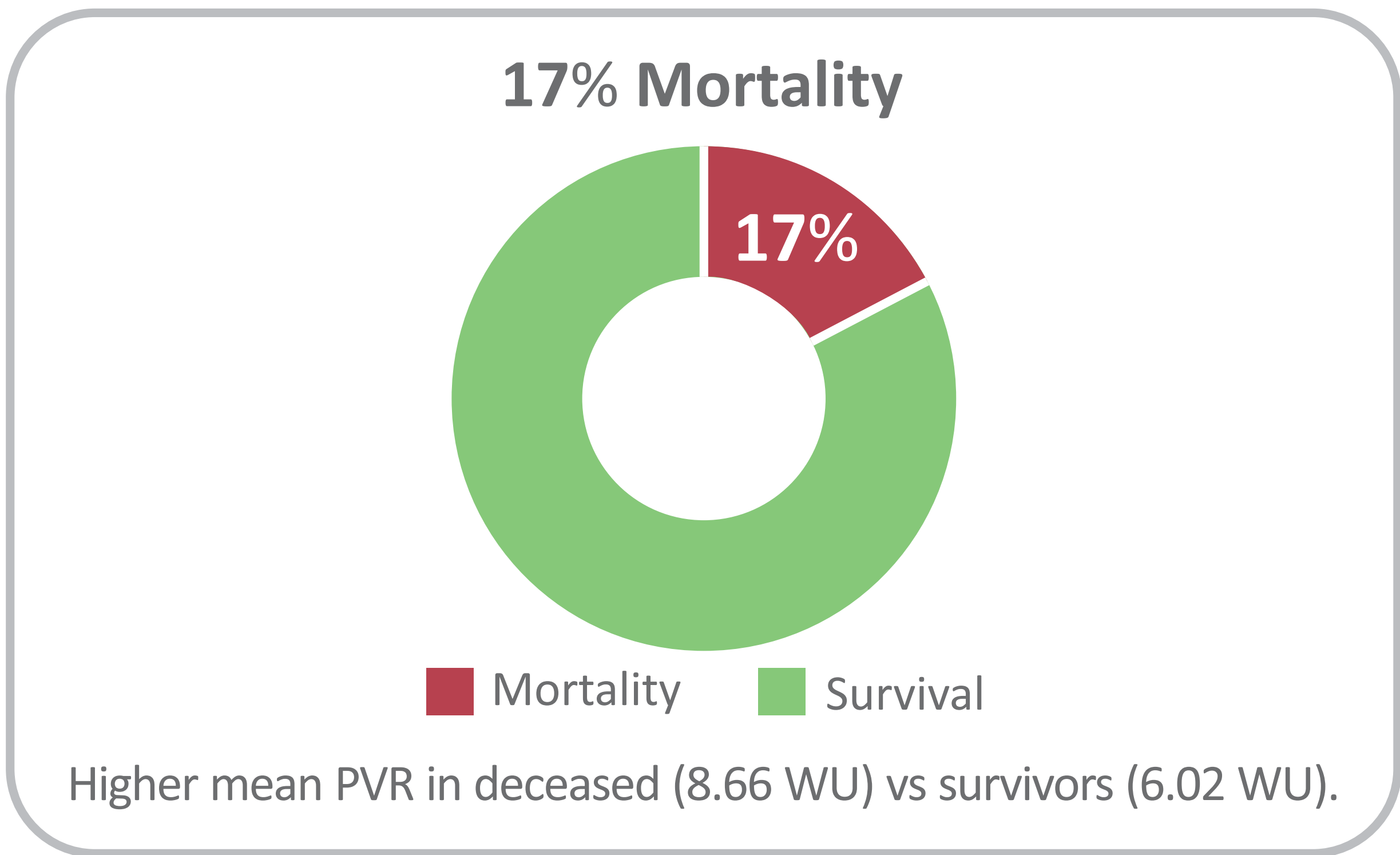
METHOD

- Retrospective cohort study
- Data source: anonymized questionnaires from all 7 national reference centers for PH-ILD in Greece.
- Population: Adults (≥18 years) diagnosed with both pulmonary hypertension (ICD-10: I27.0/I27.2) and interstitial lung disease (ICD-10: J84 series) between January 2022–December 2024.
- Exclusion: diagnosis based only on transthoracic echocardiography.
- Variables: demographics, comorbidities, pulmonary vascular resistance (PVR), 6-minute walk distance (6MWD), outcomes.

RESULTS

Baseline Characteristics

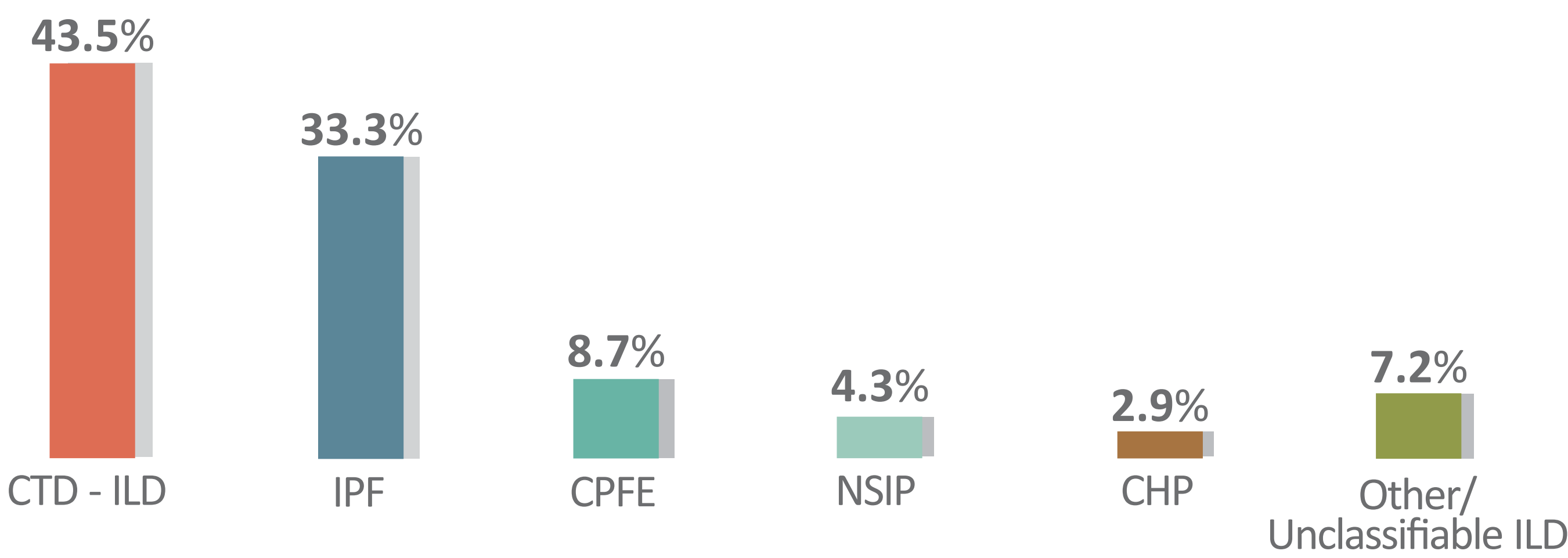
- 69 adults
- 39% female
- Mean age: 65.9 ±10.9 years



Healthcare Resource Use

- Hospitalizations:** 49% (n=34) of patients had ≥1 hospitalization due to PH-ILD.
- Emergency Visits:** 62% (n=21) of hospitalized patients had ≥1 emergency visit in the last year.
- Specialist Visits:** >96% of patients reported ≥1 visit to a specialist within the last 12 months.

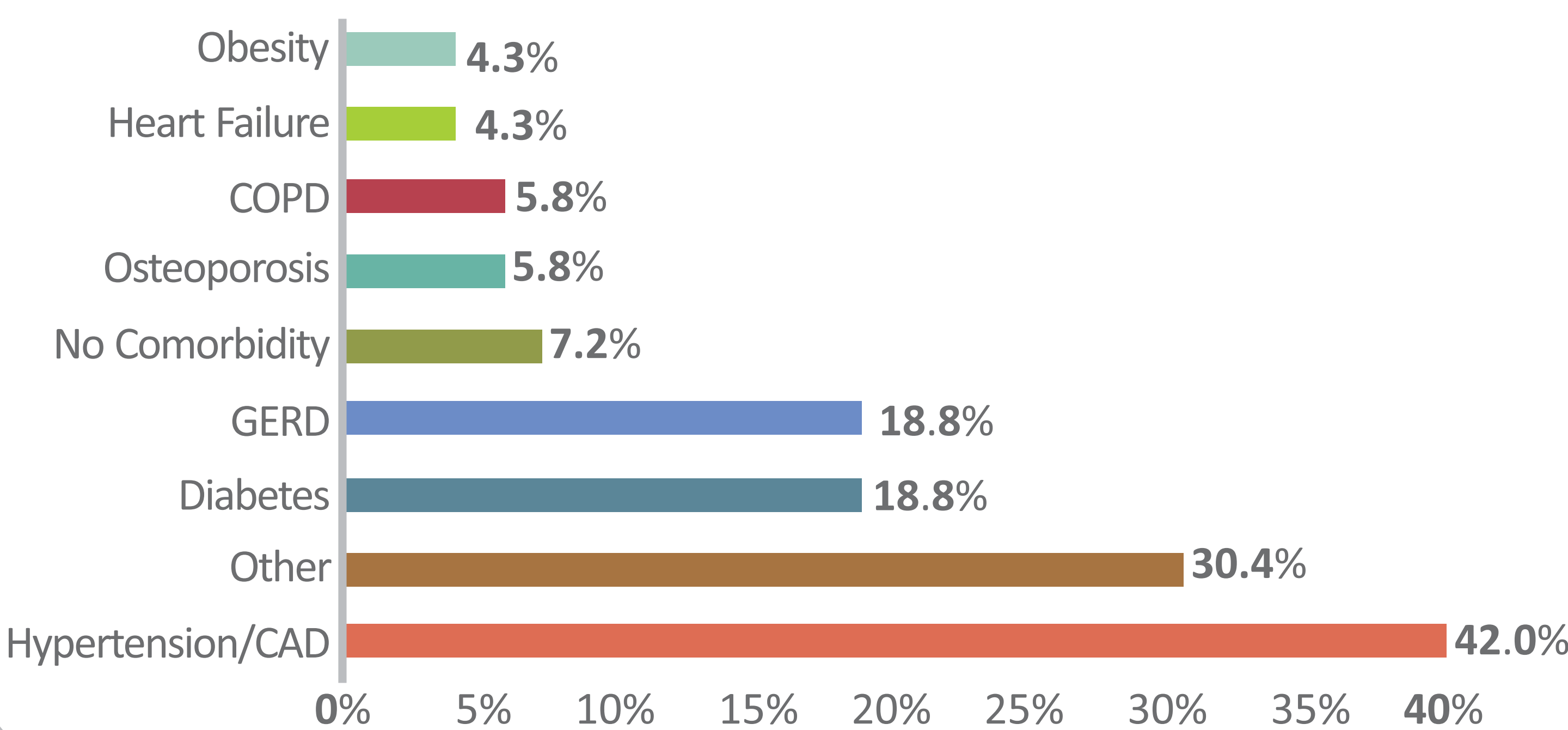
ILD Subtypes (%)



Functional & Hemodynamic Impairment

- PVR (Wood Units)**
Mean ± SD: 6.47 ± 4.06, Median: 5.0, ≥ 5 WU: 54.4% of patients
- 6MWD (meters)**
Mean ± SD: 275 ± 100m, Median: 282, <300 m: 52.5% of patients

Comorbidities in PH-ILD Patients (%)



CONCLUSIONS

This multicenter study provides real-world data on patients diagnosed with PH-ILD in Greece across all national reference centers. Most patients were diagnosed with poor functional and hemodynamic status, with over half presenting with PVR ≥5 WU and a 6MWD under 300 meters. Furthermore, a 17% mortality rate within a short follow-up period underscores the rapid progression and poor prognosis of the disease. These findings emphasize the need for increased disease awareness and earlier detection.