



**Clydeside Action  
on Asbestos**



# Pleural Thickening

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**Helpline 0800 089 1717**

[www.clydesideactiononasbestos.org.uk](http://www.clydesideactiononasbestos.org.uk)

## What is pleural thickening?

Pleural thickening is a condition that affects the part of the lung called the pleura. The pleura is commonly referred to as the lining of the lung, and is made up of two layers. Between the layers there is a very thin space which is normally filled with a small amount of fluid. The fluid allows the two layers of the pleura to glide past each other when the lungs breathe in and out.

As pleural thickening affects the pleura, it can cause tightness of the chest, or breathlessness. This is because the thickening restricts the expansion of the lung. The effect is similar to wearing a tight waist coat.

## Is there any treatment?

There is no specific treatment for pleural thickening and any symptoms are managed as they occur. Symptoms can be managed using self-management techniques. Clydeside Action on Asbestos has produced a DVD which explains self-management and provides demonstrations of the techniques that can be used to help you to manage your condition.

You can order a **free copy** of DVD by contacting us or film can be viewed on our website at **[www.clydesideactiononasbestos.org.uk](http://www.clydesideactiononasbestos.org.uk)**.

If you are having difficulty managing symptoms such as breathlessness or pain, or if there is a worsening of your symptoms you should seek medical advice.



*“I was completely taken aback when I was told that I had pleural thickening. I had been exposed to asbestos over 40 years ago when I was a young man. My doctor told me to contact Clydeside Action on Asbestos and I am really glad that I did. I received a DVD which was full of useful information and tips about what I could do to help myself when I felt breathless.”*

## **Am I entitled to compensation?**

As pleural thickening is caused by exposure to asbestos, you are entitled to seek legal advice about pursuing compensation. It is advisable to do this even if you think that your employers are no longer trading or that your exposure was many years ago. Clydeside Action on Asbestos can provide advice and assistance with pursuing compensation.

If you have been diagnosed with pleural thickening you may also be entitled to social security benefits and payments. Clydeside Action on Asbestos offer a welfare rights service. This means that we can provide advice about any social security benefits and payments you may be entitled to based on your personal circumstances.

## **Where can I get additional advice and support?**

We understand how important it is to have support and information following your diagnosis and this is why we provide monthly support groups across Scotland. The group meetings are friendly and informal and give people the chance to meet others who have been diagnosed with an asbestos related condition. For information about the times and locations of the support group please contact us. Information and support is also available on our website.





The main objective of **Clydeside Action on Asbestos** is to provide advice, support and information to those affected by a diagnosis of an asbestos related condition.

The charity has a Welfare Rights Service, campaigns to influence legislation and policy and works in partnership with healthcare professionals within the NHS to produce publications, host conferences, run support groups and receive referrals.

Our Welfare Rights team provide information and assistance with obtaining entitlement to state benefits and compensation.

We have been assisting people with asbestos related disease and their families for over 25 years and have a well established reputation for providing expert advice and assistance to people whose lives are affected by a diagnosis of an asbestos related condition.



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