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Pulmonary rehabilitation in hypersensitivity pneumonitis: A retrospective case series

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Dear Editor,

We read with great interest the case series by Yıldız et al.,^[1] which addresses an underrepresented area in hypersensitivity pneumonitis and demonstrates clinically meaningful improvements in functional and upper-extremity exercise capacity following individualized pulmonary rehabilitation.^[2]

A key strength of this report is the use of individualized rehabilitation protocols reflecting real-world practice, together with comprehensive outcome measures that enhance the clinical interpretability of the findings.^[3]

The use of inspiratory muscle training despite normal baseline values reflects a proactive strategy supported by evidence from the interstitial lung disease population. Emphasis on oxygen supplementation and continuous monitoring highlights important safety considerations in hypersensitivity pneumonitis.^[2,4] The disparity between physical gains and psychological outcomes underscores the need for

psychosocial support within pulmonary rehabilitation, while the functional improvement observed in a severely deconditioned patient supports its feasibility in advanced hypersensitivity pneumonitis.^[5]

Although the retrospective design and limited sample size may restrict broad generalizability, such methodological constraints are unavoidable in the study of rare diseases and do not diminish the hypothesis-generating contribution of this work. Overall, this well-conducted case series provides valuable preliminary evidence supporting the role of structured, individualized pulmonary rehabilitation within the multidisciplinary management of hypersensitivity pneumonitis and offers an important foundation for future prospective and multicenter investigations.

Conflicts of Interest

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