

Asbestos Bodies in Human Lungs at Autopsy

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The incidence of asbestos bodies in the lungs was investigated in 100 autopsies of adults. Lung smears were taken from the sectioned surfaces of the upper and lower lobes of both lungs. The slides were dried and mounted without staining, and approximately 400 low-power fields were examined in each slide. Routine histological sections of unexpanded lungs were also examined in all cases. Asbestos bodies were found in 41% of the subjects. They were not encountered in persons up to 24 years of age. Among males the incidence was 47%, and in females 34%. Although significant microscopic pulmonary fibrosis was encountered in two positive cases, no instance of classical asbestosis was found. Mesothelioma of the pleura was not encountered. Primary lung carcinoma occurred in one patient with asbestos bodies and in one without.

Wagner and associates¹ reported on the occurrence of diffuse pleural mesothelioma in persons from a large asbestos mining area in the northwest of Cape Province, South Africa. Since mesothelioma of the pleura was regarded as an uncommon tumor, and was rarely seen elsewhere in South Africa, they undertook an investigation of these cases. In ten cases, lung tissues were available for microscopic examination and asbestosis was found in eight.

Thomson² reported seven cases of mesothelioma, four in the pleura and three in the adjacent peritoneum, encountered over a period of three years in the autopsy service of one teaching hospital in Cape Town. In all seven cases the microscopic picture was that of pulmonary asbestosis, with abundant asbestos bodies and fibrosis in the basal portions of the lower lobes. Since only one of these seven patients had a history of occupational exposure to asbestos, Thomson and his associates³ undertook an investigation on the frequency of asbestos bodies in the lungs in general population of Cape Town in routine autopsies. Of 500 cases examined, 132 were positive for asbestos bodies. These results suggested that asbestos was becoming a modern urban hazard. According to Thomson et al,³ world consumption of this mineral had increased from 300,000 tons in 1934 to 2,400,000 tons in 1961. It is used in a wide variety of industrial

products such as asbestos roofing, roof tiles, ceilings, floor tiles, pipe and electrical insulation, car-brake linings, cement, etc. Since asbestos is virtually indestructible they predicted that the amount of air-borne asbestos fibers in cities would increase in the future and become a contaminant of the air. They further suggested that the results of life-long inhalation of these fibers might lead to almost universal basal asbestosis in adults, and a frequency of mesothelioma of pleura or peritoneum higher than that of bronchial carcinoma today. Asbestos has also been implicated as a possible factor

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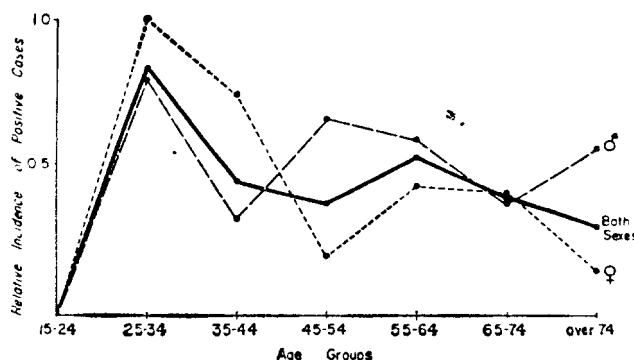
in the development of carcinoma of the lung.⁴ According to Doll⁵ the risk of developing a lung cancer is increased among asbestos workers, but this is denied by others.^{6,7}

As the United States accounts for roughly over one third of the world's consumption of asbestos, Thomson⁸ initiated an investigation of the frequency of asbestos bodies in lungs in Miami, Fla, where even higher positive figures were obtained than in Cape Town.

Pittsburgh and its environs are free of asbestos mines, but it is a large industrial center with an expanding modern building program. The purpose of this investigation was to obtain preliminary data on the incidence of asbestos bodies in the lungs of patients who died at Presbyterian-University Hospital.

Material and Methods

The work was carried out in the Presbyterian-University Hospital, which receives patients mainly from the city of Pittsburgh and the surrounding area. The material consisted of 100 routine autopsies



1. Incidence of positive cases relative to age groups.

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Table 1.—Distribution of Asbestos Bodies in Lung Smears According to Age and Sex

Age	Males			Females			Both Sexes		
	Positive	Negative	Total	Positive	Negative	Total	Positive	Negative	Total
15-24	...	6	6	...	3	3	...	9	9
25-34	4	1	5	1	...	1	5	1	6
35-44	3	6	9	3	1	4	6	7	13
45-54	2	1	3	1	4	5	3	5	8
55-64	9	6	15	4	5	9	13	11	24
65-74	3	5	8	5	7	12	8	12	20
Over 74	4	3	7	2	11	13	6	14	20
Total	25	28	53	16	31	47	41	59	100
%	47%	53%	100%	34%	66%	100%	41%	59%	100%

cases, 53 men and 47 women, ranging in age from 17 to 91 years. Twelve subjects were Negroes. The occupation of the women was given as housewife in most cases, those of the men ranged from manual workers to executives. In no case was any connection established with manufacture of asbestos products, although the occupations were taken from the charts, and neither the patients nor their families were questioned directly. The presence of the asbestos bodies was determined by the use of lung smears³ taken from the upper and lower lobes of both lungs (four slides from each case). The smears were obtained by an incision into the lung tissue from which a small quantity of blood or edematous fluid was expressed onto a glass slide and spread evenly over an area approximately 12 sq cm. The slides were air-dried and mounted without staining. In each slide approximately 400 low-power (16-mm objective) fields were examined, and the total number of asbestos bodies was registered. Some smears were stained for iron (Pearls reaction) which colored the iron-containing protein globules blue. Routine histological sections of unexpanded lungs stained with hematoxylin and eosin were also examined in all cases.

Results

The problem of absolute identification of asbestos in asbestos bodies is a difficult one, and to our knowledge no successful histochemical procedure has been devised. Chemical examination of lung tissues for acid insoluble residues yields a value for total silica that might represent asbestos or other silicates. No chemical determinations were done in these cases. An attempt was made to identify the element silicon in asbestos bodies (from a known case of asbestosis) by electron probe analysis. Although iron was readily identified, no silicon was encountered.⁹ The bodies seen in talcosis are identical to those in asbestosis and are thought to be the result of contamination with tremolite, another fibrous silicate. It is possible that the bodies seen in our material are associated with tremolite. With the above limitations in mind, the term asbestos body is used here to mean the typical segmented, iron-encrusted structure known to be associated with clinical and experimental asbestosis.

Asbestos bodies were found in 41 of the 100 subjects. The incidence of positive cases was higher in men, 47%, than in women, 34%. Up to the age

of 24 years (six persons) no asbestos bodies were encountered. These data are summarized in Table 1. Considering the age groups separately, the highest relative incidence of positive cases was four between 25 to 34 years as compared with any other age group (Fig 1). Since these are all relative small groups the significance of the differences doubtful.

Positive cases were more frequent among manual workers than among professional and administrative occupations. The number of Negro subjects was only 12, but in seven subjects asbestos bodies were encountered.

In the majority of the positive cases, one to ten asbestos bodies were found (Table 2). The maximum number of 473 was counted in a male subject aged 63 years, whose occupation was a sales engineer for a pump company. However, no particular importance can be attached to the actual frequency of the asbestos bodies encountered in each case because the concentration of the bodies depends on the site from which the smear is taken and on the amount of edema and congestion in the lung at the time of death.³ In this investigation samples were not taken specifically from the basal portions of each lobe, where the number has been reported to be highest, but from random sites.

In the lung smears, asbestos bodies were readily recognized, because of their typical orange-brown color and segmented appearance (Fig 2). They were often partly enclosed by macrophages. Only those cases with typical bodies such as seen in Fig 2 were accepted as positive. In some positive and some negative cases, atypical elongated structures were seen, but these were not considered as asbestos bodies. In 24 positive cases, some macrophages

Table 2.—Number of Asbestos Bodies Found in Positive Cases*

No. of Asbestos Bodies	Males	Females	Total
1	7	6	13
2-10	14	6	20
11-20	1	2	3
29	1	...	1
36	...	1	1
41	...	1	1
51	1	...	1
473	1	...	1
Total	25	16	41

*1,600 low power fields examined in each case.



2. Asbestos body intimately related to a macrophage. Unstained lung smear of 65-year-old white scrap-iron dealer ($\times 1,736$).

contained coarse orange-brown granules, which also gave a positive iron reaction. Macrophages with these coarse iron-containing granules were also found in smears of six negative cases.

In histological sections of lung tissues asbestos bodies were found in only four positive cases, all among the higher counts. These bodies were situated within the lumina of alveoli and were usually partly enclosed by macrophages as in the smears (Fig 3). Interstitial fibrosis of some significance was observed in only three cases, two of them with asbestos bodies (three and four respectively) in the lung smears, and very few macrophages with coarse granules. In the third case with fibrosis, asbestos bodies were not found, but macrophages with coarse brown granules were seen in smears and histological sections. No case of classical asbestosis was found and mesothelioma of pleura was not encountered. Primary lung carcinoma occurred in one case with asbestos bodies and one without.

The fate of asbestos bodies in the lung is as yet not known. According to Knox and Beattie,¹⁰ and Holt et al,¹¹ the bodies disintegrate after a period of time producing a large number of fragments which are collected in phagocytes. In our material, macrophages frequently contained coarse brown granules in asbestos positive and also in some negative cases. These granules gave a positive iron re-



3. Asbestos body intimately related to a macrophage inside an alveolus. Stained lung section of 57-year-old unemployed white male ($\times 1,736$).

action, and judging by their size, they could constitute fragments of disintegrating asbestos bodies. However, since demonstration of iron in the coarse granules is not a positive identification of fragments of asbestos bodies, the question cannot be settled.

On the basis of their experiments with rats, Holt et al,¹¹ suggested that fibrosis of the human lung was not caused by asbestos bodies, but by small asbestos particles, derived from the break-down of these bodies. In our limited material no correlation between the presence of asbestos bodies or macrophages with coarse brown granules and pulmonary fibrosis was determined.

The overall incidence in this Pittsburgh series of 41% asbestos positive cases substantially exceeds that of Cape Town with 26.4%³ and Miami⁸ with 27.9%, the only two localities where this type of information is available for comparison so far. This may merely represent a difference in technique among the three groups or perhaps reflect a real difference in atmospheric pollution among the three cities. In any event the figures from these three widely separated urban communities indicate that asbestos bodies are commonly encountered in human lungs. It is suggested therefore that studies of this modern air contaminant should be extended.

This investigation was supported in part by Public Health Service grant HE-06675.

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