

200,000

Approximately 200,000 people in the United States have sarcoidosis, and there are a number of resources available to everyone!

# Get the Facts on Sarcoidosis



Sarcoidosis is a disease that involves the immune system and leads to inflammation in the body. People with sarcoidosis develop lumps, called granulomas, in the affected part(s) of their body. If there are too many granulomas in a particular organ, they can impact the way the organ works and may cause symptoms. The exact cause of sarcoidosis is unknown; however, research suggests that it is likely a combination of genetic and environmental factors.<sup>2</sup>

## Some Common Signs and Symptoms of Sarcoidosis

Signs and symptoms of sarcoidosis will vary for each person. Some people have no symptoms and some people may have organ-specific symptoms. Listed below are some common signs and symptoms individuals report:<sup>3</sup>



FEVER



WEIGHT LOSS



FATIGUE (FEELING TIRED)



SHORTNESS OF BREATH



WHEEZING



CHRONIC COUGH



SWOLLEN & PAINFUL JOINTS



VISION PROBLEMS



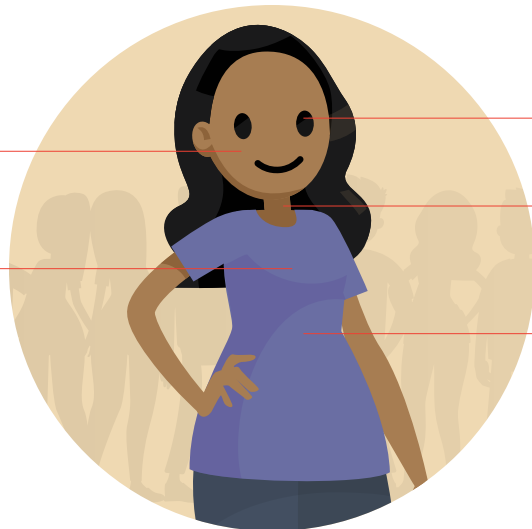
RASHES OR TENDER RED BUMPS ON SKIN

## Organs Affected by Sarcoidosis

Granulomas may form throughout the body. The most commonly affected organs are:<sup>4</sup>

SKIN  
26%

LUNGS  
89%



EYES  
23%

LYMPH NODES  
12%

LIVER  
20%

“Never give up, for that is just the place and time that the tide will turn.”  
Harriet Beecher Stowe



**References:** 1. Sarcoidosis. American College of Chest Physicians website. Available at: <https://www.chestnet.org/~media/chesnetorg/Foundation/Documents/%20Sarcoidosis/UnderstandingSarcoidosis.ashx>. Accessed July 5, 2016. 2. Sarcoidosis Overview. Cleveland Clinic website. <https://my.clevelandclinic.org/health/diseases/11863-sarcoidosis-overview>. Accessed March 5, 2020. 3. Symptoms. Foundation for Sarcoidosis Research website. <https://www.stopsarcoidosis.org/what-is-sarcoidosis/symptoms/>. Accessed March 5, 2020. 4. Judson MA, Boan AD, Lackland DT. The clinical course of sarcoidosis: presentation, diagnosis, and treatment in a large white and black cohort in the United States. Sarcoidosis Vasc Diffuse Lung Dis. 2012;29(2):119-27.



## Treating Sarcoidosis

There is no cure for sarcoidosis, but many people with sarcoidosis do not require treatment and sarcoidosis may go away. In other cases, symptoms remain and treatment may be required.

Treatment for sarcoidosis is different for every person. If sarcoidosis affects more than one organ, a team of doctors specializing in treating different parts of the body may work together to develop a treatment plan. Individuals should talk to their doctor(s) to determine which treatment(s) may be right for them!<sup>5</sup>

## Goals of Sarcoidosis Treatment

It is important to understand the goals of your individualized sarcoidosis treatment plan. Identifying and keeping track of treatment goals is a key first step. Individuals should discuss their treatment goals with their doctor. Some sarcoidosis treatment goals may include:<sup>6</sup>

- Managing symptoms
- Preventing or controlling organ damage
- Improving quality of life



## Self-Care and Sarcoidosis

Coping with sarcoidosis can be overwhelming at times. Sometimes it can make the individual feel sad, angry, or isolated. Practicing proper self-care can help and is important for both your mental and physical well-being. Some ideas for self-care may include:<sup>7</sup>

- ◆ Staying connected with friends/family
- ◆ Engaging in activities you enjoy
- ◆ Seeking humorous and upbeat entertainment
- ◆ Setting aside leisure time (eg, reading a book, gardening, listening to a podcast)
- ◆ Investing in a hobby
- ◆ Seeking quiet through meditation and/or prayer
- ◆ Eating healthy meals
- ◆ Working with your healthcare provider to develop an exercise program that's right for you

## More Information, Support, and Educational Resources

This list includes helpful websites and organizations that provide information about sarcoidosis, support groups, and other sarcoidosis resources!

- ◆ **Foundation for Sarcoidosis Research**  
[www.stopsarcoidosis.org](http://www.stopsarcoidosis.org)
- ◆ **Know Sarcoidosis**  
[www.knowsarcoidosis.com](http://www.knowsarcoidosis.com)
- ◆ **American Lung Association**  
[www.lung.org](http://www.lung.org)
- ◆ **CHEST Foundation**  
[chestfoundation.org/sarc](http://chestfoundation.org/sarc)
- ◆ **National Alliance for Caregiving**  
[www.caregiving.org](http://www.caregiving.org)



**References:** 5. Treatment Options. Foundation for Sarcoidosis Research website. <https://www.stopsarcoidosis.org/what-is-sarcoidosis/treatment-options/>. Accessed March 5, 2020.  
6. Sarcoidosis Treatment Guidelines. Foundation for Sarcoidosis Research website. <https://www.stopsarcoidosis.org/wp-content/uploads/Treatment-Protocol.pdf>. Accessed March 5, 2020.  
7. Self-Care for Autoimmune Disease Patients. American Autoimmune website. <https://www.aarda.org/self-care/>. Published September, 2018. Accessed March 5, 2020.

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