

# Patient Information for Sarcoidosis

## Overview

Sarcoidosis is an immune disorder where cells collect in various parts of your body. The most common sites are the lungs, lymph nodes, eyes, and skin.

## Who's At Risk

There is no known cause; however, doctors believe genetics may have an influence. Bacteria, viruses, dust, or chemicals can trigger the disorder. Sarcoidosis usually occurs at ages 20-65, with women having a slightly higher risk of developing the disorder.

## Signs & Symptoms

Common symptoms of sarcoidosis may include:

- Fatigue
- Fever
- Swollen lymph nodes
- Weight loss
- Rash with firm bumps
- Labored breathing
- Joint pain

Symptoms of neurosarcoidosis (nervous system) are:

- Blurred vision
- Hearing loss
- Double vision

Symptoms of pulmonary (lung) sarcoidosis are:

- Cough
- Swollen lymph nodes

- Difficulty breathing

Symptoms of esophageal (throat) sarcoidosis are:

- Weight loss
- Difficulty swallowing
- Vomiting

### **Self-Care Guidelines**

Sarcoidosis typically resolves on its own. If problems persist, seek medical care.

### **When to Seek Medical Care**

Seek medical care if you suspect you have sarcoidosis or if your symptoms get progressively worse.

### **Treatments Your Physician May Prescribe**

If symptoms are severe or organ function is declining, treatment with medication may be administered.

- Corticosteroids can be applied to affected areas to reduce inflammation.
- Medications to suppress the immune system may be given to reduce inflammation.