

Sarcoidosis

USC Pulmonary Clinic

What is it? A common inflammatory condition that can affect almost every organ in the body. It frequently affects the lungs and can cause shortness of breath, cough or even chest pain.

What causes sarcoidosis? The cause is not known at this time. Many causes have been investigated, but none have been proven. It is not thought to be a lung disease that is smoking related, but smoking can make it worse.

How is it diagnosed? The diagnosis of sarcoidosis is based on tissue biopsy. The biopsy can be taken from the eye, lung, lymph node, sinuses, or skin. The diagnosis is only rarely made without a biopsy.

How is it treated? Treatment depends on what organs are affected and to what extent they are abnormal. Anti-inflammatory medicines are generally used. The most common medication is prednisone. While there is not a "cure", some patients will go into remission.

How is it monitored?

Breathing tests would be performed at various intervals. You will likely need an EKG, CT scan and some bloodwork to check the other organs.

What symptoms might I have other than shortness of breath?

Frequently, patients may have cough. This may improve with inhaled steroids. Very severe cases of sarcoidosis may be complicated by coughing up blood or chronic chest pain that doesn't improve with steroids or pain medicines.



Do:

- *Exercise and eat as healthy as possible
- *Take the medications as ordered by your doctor.
- *Be sure to get all your labs/tests that are ordered done!
- *Have your eyes checked by an ophthalmologist once a year.

Don't:

- *Smoke
- *Miss your doctor's appointment