

Sarcoidosis

Sarcoidosis is predominantly a lung disorder, characterized by rounded microscopic, tumor-like masses of inflammatory cells in the lungs or lymph nodes. It is a chronic disease of unknown cause. Patients may exhibit signs of cough, difficulty breathing, or skin lesions called erythema nodosa. Frequently they are asymptomatic and present when an abnormal chest x-ray is taken for another reason. Besides the lungs and lymph nodes, sarcoidosis may involve the skin, liver, spleen, salivary glands, eyes, heart and nervous system. Sarcoidosis most commonly affects individuals between the ages of 20 and 40 and affects men twice as often as women. The diagnosis is made by history, chest x-ray and microscopic findings of non-caseating granulomas (round masses). Transbronchial biopsy will establish the diagnosis in 90% of those with Stage II or III disease. If that biopsy is negative, a mediastinal node biopsy will establish the diagnosis in 95 - 100% of the patients. Low dose corticosteroid is the standard therapy for symptomatic sarcoid. Because of the high rate of spontaneous remission, asymptomatic patients even with positive X-rays are not treated. The prognosis is good for 85 - 90% of patients with only 10 - 15% having progressive disease. Progressive disease can result in extensive lung disease documented by chest x-ray and PFT's. Stage IV is severe sarcoid lung disease.

If your client has had sarcoidosis, please answer the following:

1. List date of first diagnosis: _____ Was a biopsy done?
_____ Stage: ____

2. How was the sarcoid treated?

no treatment _____

prednisone _____

Date treatment was completed:

3. Is your client on any medications including any inhalers?

yes, please give details

4. What organs were involved? (Check all that apply)

lung kidney ____

heart central nervous system ____

liver or spleen skin ____

eyes lymph nodes ____

5. Please give results of the most recent pulmonary function tests (if available):

FVC _____ FEV1 _____

6. Has there been any evidence of recurrence/progression?

yes, please give details _____

no ____

7. Has your client smoked cigarettes or used any other form of tobacco in the last 5 years?

yes, please give details

8. Does your client have any other major health problems (ex: cancer, etc.)?

yes, please give details
