

Sarcoidosis



Sarcoidosis is a disease that can affect your lungs, liver, lymph nodes, and other organs and tissues. Large clusters of cells, called granulomas form from inflammation in the organ or tissues.

Causes

The cause of sarcoidosis is unknown. It is thought that it may be an allergic reaction to chemicals, or the result of an infection. This disease is very rare in young children. Most often, sarcoidosis happens in people between 30 and 50 years old.

Symptoms

The symptoms for sarcoidosis will vary, depending on which organ or tissues are involved. Some of the symptoms are:

- Fever
- Shortness of breath
- Feeling tired and weak
- Cough
- Skin rash or sores
- Headache
- Enlarged liver or spleen
- Swelling in lymph nodes, especially under the arm
- Vision changes, burning or less tearing in the eyes
- Joint stiffness

Treatment

Most people with this disease are not very ill. Sarcoidosis symptoms may go away on their own without treatment, but it may take several years. Some people may need medicines called steroids to ease the inflammation and reduce symptoms. Other drugs that suppress or weaken the immune system of the body may be used also. In rare cases, persons may have organ failure and require an organ transplant.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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