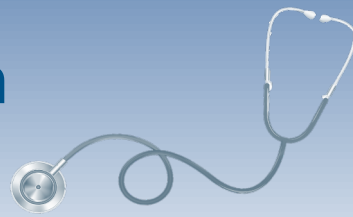


Sarcoidosis Education



What is Sarcoidosis?

An inflammatory disease that can cause collections of immune cells (known as "granulomas") in the body.

These granulomas most often appear in the lungs, but may occur in other organs.



Why do patients with sarcoidosis have stress?

Living with a chronic condition like sarcoidosis and associated symptoms, especially fatigue, can lead to increased stress. Other things can contribute as well, such as medications, disease worry, and lack of disease understanding. Fatigue is often complex and has multiple causes as shown in the Fatigue-Stress Cycle below.



What are the signs and symptoms of sarcoidosis?

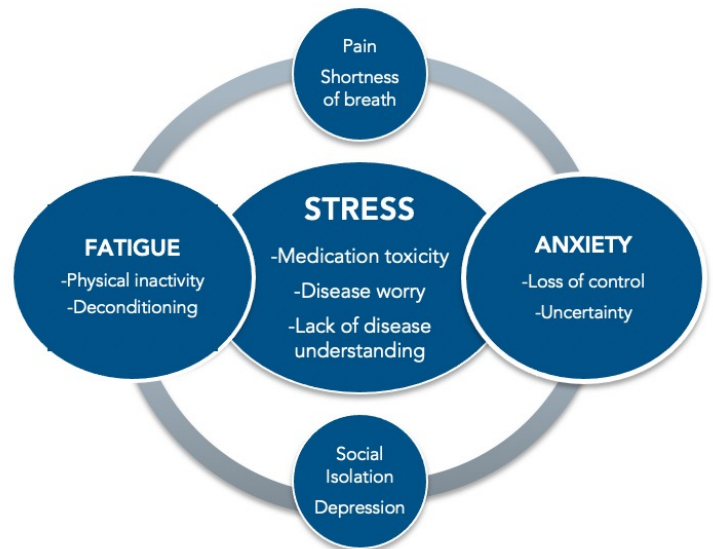
Sarcoidosis can cause many symptoms, but fatigue is the most common. Certain groups of patients may be more likely to have fatigue, including:

- Younger patients
- Female patients

↑ Fatigue ↓ Quality of life



The Fatigue – Stress Cycle



What is the cause?

Fatigue can be caused by sarcoidosis, but other conditions may also cause fatigue:

- Untreated sleep apnea
- Stress, anxiety
- Depression
- Deconditioning
- Medication side effects

Sarcoidosis and Stress

- At least 55% of sarcoidosis patients report having stress and/or anxiety
- Stress symptoms are worse in women, minorities and low-income patients

↑ Stress ↓ Quality of life

How can you relieve your symptoms?

- Get at least 7 hours of sleep
- Self care
- Exercise
 - Yoga, stretching, walking, swimming, biking, etc.

