

# Understanding Cutaneous Sarcoidosis

Cutaneous (Skin) sarcoidosis is the second most common organ system affected in patients with sarcoidosis, affecting approximately 30% of patients. It is often referred to as 'the great mimicker' because it can resemble many other skin conditions. Common sites include the face, tattoos, and scars.

## Most Common Signs & Symptoms

- A. **Lupus Pernio:** Larger bumps on the the nose and cheeks.
- B. **Skin Bumps:** Pink, purple, red, or dark patches, sometimes flaky or scaly.
- C. **Erythema Nodosum:** Pink or red bumps, warm and tender, usually on the front of legs.

## Diagnosis

**Biopsy:** If sarcoidosis is suspected, a biopsy may be performed to confirm the diagnosis.



Find resources, support, and more on our website, [stopsarcoidosis.org](https://stopsarcoidosis.org). The Foundation for Sarcoidosis Research (FSR) has partnered with JAMA Dermatology to provide valuable information on cutaneous sarcoidosis.

## Treatment

**Systemic:**  
Hydroxychloroquine,  
Methotrexate, Biologics

**Topical:**  
Prescription topical  
treatment options

**Emerging:** JAK  
inhibitors

## Other Things to Consider

Patients with sarcoidosis, including skin sarcoidosis, usually have some degree of disease beyond the skin. -90% of those living with sarcoidosis have lung involvement or pulmonary sarcoidosis.

Diagnosis of skin sarcoidosis should be followed by a number of other tests to rule out other manifestations of sarcoidosis including:

- Chest X ray
- Ophthalmological (eye) exams
- Cardiac Screenings
- Blood work

