



FOUNDATION FOR
SARCOIDOSIS RESEARCH

New Patient Roadmap Sarcoidosis

Universally common symptoms of sarcoidosis: *

- ▶ Fatigue
- ▶ Chronic pain
- ▶ Depression
- ▶ Shortness of breath
- ▶ Fever/chills
- ▶ Weight loss
- ▶ Reduced quality of life

**Because sarcoidosis can affect any organ, it's best to look at specific symptoms related to organs. Experiencing these symptoms does not necessarily indicate sarcoidosis, but if you are experiencing some or all of these symptoms it is time to reach out to a doctor.*

OVERVIEW

150-200K

people affected
in the US

5-10%

chronic form requiring
long-term treatments

90%

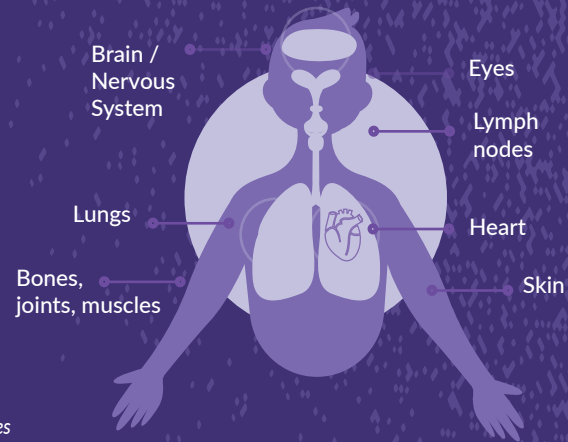
of people with sarcoidosis have
lung involvement

Sarcoidosis can
appear in one organ,
or many organs.

How to say it: Sar-Coy-Doe-Sis

What it is: inflammatory disease characterized by the formation of granulomas—tiny clumps of inflammatory cells—in one or more organs of the body

Where sarcoidosis can show up*



*Most common types

SKILLS



Keep a symptom journal & bring it with you to doctor appointments

Compare how you feel doing tasks, are they getting harder or staying the same



Keep a medication log, include all medications, vitamins, and "natural treatments"



Bring someone with you to your appointments to take notes and ask questions

Can't bring someone? Ask the doctor to allow you to call your friend/caregiver on the phone



Share what you learn with close family and friends



Learn more about sarcoidosis

- ▶ Sign up to join the FSR Community
- ▶ Watch educational videos
- ▶ Attend FSR's Annual Summit



Take care of your mental and emotional health

Support your mental health with seeking out a counselor, therapist, or even clergy

SELF-CARE

1. Listen to your body
2. Be gentle with yourself
3. Prioritize your values
4. Take time for yourself



Keep your body moving

Even a little exercise can help reduce fatigue and pain over time.

Recognize when you need help

Learn to be comfortable asking and accepting help from others.



Seek support: Finding others who understand is important

Patient Navigators, Support Groups, Inspire.

Practice Mindfulness

Breathing and Meditation practices may benefit lung function and neuroplasticity, as well as decrease pain and fatigue over time.



Nurture your body with whole foods

There's no perfect diet, but anti-inflammatory diets can support whole health.