**New Patient Roadmap**

**Sarcoidosis**

**OVERVIEW**

- **150-200K** people affected in the US
- **5-10%** chronic form requiring long-term treatments
- **90%** of people with sarcoidosis have lung involvement

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

**Where sarcoidosis can show up***

- Brain / Nervous System
- Eyes
- Lungs
- Heart
- Skin
- Lymph nodes
- Bones, joints, muscles

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

**Universally common symptoms of sarcoidosis:** *

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

*Sar-coidosis can appear in one organ, or many organs.*

**SKILLS**

- Keep a symptom journal & bring it with you to doctor appointments
- Keep a medication log, include all medications, vitamins, and “natural treatments”
- Bring someone with you to your appointments to take notes and ask questions
- 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

**Practice Mindfulness**

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

**Nurture your body with whole foods**

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

Visit stopsarcoidosis.org to learn more.