

Follow-up Study

15. Article Title: “Two Year Prognosis of Sarcoidosis: the ACCESS Experience”

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Patients with sarcoidosis often wonder about their prognosis (future course of their disease). They wonder if additional parts of the body will become involved with sarcoidosis. They wonder if their condition will improve, remain stable, or worsen. In ACCESS, 215 sarcoidosis patients were examined twice: once when they were initially enrolled in the study, and again two years later.

Approximately 80% of these sarcoidosis patients showed improved or stable pulmonary function, chest x-ray, and the sensation of shortness of breath. Although both Caucasians and African-Americans with sarcoidosis showed improvement or stabilization of their breathing tests, African-Americans improved less. Patients with lower annual family income had less improvement in their symptoms of shortness of breath over the 2-year period and were more likely to have a new organ become involved with sarcoidosis. The likelihood of a new organ becoming involved with sarcoidosis over 2 years was more common in African-Americans compared to Caucasians, and also occurred more often in those who already had several organs involved when diagnosed. The overall conclusion was that the general prognosis of sarcoidosis is good over a 2-year period, although a subgroup of patients requires closer monitoring for the development of new organ involvement.