

What Is Cardiac Sarcoidosis?

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Sarcoidosis is a disorder that causes clusters of abnormal tissue to form in any part of the body's organs. These clusters are called granulomas and they can prevent the organ from working normally. For example, granulomas can form in the lungs and cause breathing problems.

What are potential symptoms of Cardiac Sarcoidosis?

- Chest Pain
- Chest Tightness
- Irregular heartbeats (arrhythmias)
- Rapid or Fluttering heart beats (palpitations)
- Shortness of Breath (dyspnea)
- Fainting, lightheadedness (syncope)
- Coughing
- Fatigue (feeling tired)

How is Cardiac Sarcoidosis diagnosed?

Your doctor will ask you questions about your symptoms and if your symptoms suggest that you might have cardiac sarcoidosis, you could have one or all of the following tests:

- **ECG/EKG** (electrocardiogram) to assess your heart rhythm
- **ECHO** (echocardiogram) to assess the blood flow in your heart, similar to an ultrasound
- **Holter Monitor** which is a portable device that monitors your heart activity for a period of 24-48 hours and can detect irregular heart rhythms.
- **Imaging tests** such as **MRI** (Magnetic Resonance Imaging) or **CT** (Computed

Tomography Scanning). These tests create pictures of your heart to reveal if sarcoid granulomas are present.

- **Biopsy** (a sample of tissue) might be considered for diagnosing sarcoidosis in other organs.

Your doctor may order other imaging and blood tests as needed.

How is a Cardiac Sarcoidosis treated?

You doctor may prescribe one or more of the following therapies:

- **Steroid and other medications.** The goal of this therapy is to decrease the inflammation in the heart, and potentially prevent the disease from progressing.
- **Devices** such as a pacemaker or Implantable Cardioverter Defibrillator (ICD) to prevent irregular heart activity.
- **Anti-arrhythmia medications** to help maintain a normal heart rhythm.

Where can I learn more?

- **Stop Sarcoidosis.** Access at: <https://www.stopsarcoidosis.org/understanding-cardiac-sarcoidosis/>)
- **American Thoracic Society.** Access at: <https://www.thoracic.org/patients/patient-resources/resources/what-is-sarcoidosis.pdf>
- **CHEST Foundation.** Access at: <https://foundation.chestnet.org/lung-health-a-z/sarcoidosis/>

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