Sarcoidosis and Covid-19
This letter is to alert you of issues for patients with sarcoidosis who present to you with coronavirus covid-19.

Dear Healthcare Professional,

Summary: Recent research in sarcoidosis has shown significantly higher levels of cardiac involvement than previously thought. It is therefore imperative to urgently review any sarcoidosis patient’s cardiac function and lung function. You should also ensure that any current prescriptions are reviewed as some sarcoidosis treatments must not be stopped suddenly.

Sarcoidosis is a systemic multi-organ granulomatous disease that primarily affects the lung and lymphatic systems of the body. It can create fibrosis in all organs of the body – most commonly affected are the lungs, heart, central nervous system and liver.

There is no UK standardised treatment pathway for sarcoidosis resulting in a highly varied levels of individual investigation. Most patients have not had any cardiac investigation; however, recent research has shown that upto 50% of patients had cardiac involvement.

Covid-19 has been shown to have a higher mortality rate in those with cardiac issues. It is therefore imperative to investigate the cardiac position for any patients presenting to you with both sarcoidosis and covid-19.

This person may be on a treatment that it is important to maintain. Common treatments for sarcoidosis are prednisolone, methotrexate, mycophenolate and azathioprine. Please ensure that you know what treatment they are on. Prednisolone in particular should not be stopped suddenly.

Further information on sarcoidosis is available at sarcoidosisuk.org.

Advice is published in draft as of 12th March 2020. We expect a published version to supersede it on 19th March 2020, with regular updates thereon. Please check back at www.sarcoidosisuk.org/coronavirus

Yours faithfully,

SarcoidosisUK