

Sarcoidosis can potentially affect fertility in both men and women, though the extent and nature of its impact can vary.

In men, sarcoidosis can involve the reproductive system. This is caused by neurological involvement and hypothalamic-pituitary involvement. This can lead to hormonal imbalances, reduced sperm production or quality, and potentially erectile dysfunction. Not all men with sarcoidosis will experience these problems.

In women, sarcoidosis is less commonly reported to affect fertility. However, if the disease disrupts hormonal balance by hypothalamic-pituitary involvement, it could potentially lead to fertility issues. Additionally, chronic illness and the stress associated with managing a long-term condition can indirectly impact fertility.

Fertility and medications

Most medications used to treat sarcoidosis do not affect fertility.

However, in very severe disease a medicine called cyclophosphamide is sometimes used.

Cyclophosphamide is known to have possible effects on fertility in both men and women.

In men, cyclophosphamide can cause oligospermia (low sperm count) or azospermia (absence of sperm in semen), leading to temporary or permanent infertility. In women, cyclophosphamide can cause ovarian toxicity, leading to premature ovarian failure or early menopause.

If people are younger when they are treated, they have a better chance of full recovery.

Most medications used to For patients who need treatment with cyclophosphamide and are concerned about fertility, it is important to discuss fertility preservation options with their healthcare provider. Options for men may include sperm banking before starting treatment, while for women, possibilities include freezing eggs or embryos.

Preconception Planning

Ideally, women with sarcoidosis who wish to become pregnant should have a preconception consultation. This allows for optimal management of sarcoidosis and an opportunity to make any necessary adjustments to medication.