

About the Foundation

The **A Song for Life Sarcoidosis Foundation** and online Network's **mission** is to bring people of the Sarcoidosis Community together as one voice to help raise the volume on the need for more public awareness, education, research and support services that will help meet the day to day needs of **Sarcoidosis** sufferers and their families.

Through awareness efforts, education, events and virtual online outreach **ASFL** seeks to position itself as a gateway to effective support, tangible resources and reliable information about natural medicine alternatives to disease management and non-toxic lifestyle options that create healthier living environments for people living with Sarcoidosis.

The **A Song for Life Sarcoidosis Foundation's vision** is to become an international catalyst that bridges the gap between Patient's daily experience living with **Sarcoidosis** and Doctors technical knowledge of the disease. By highlighting the "*real life*" perspective of sufferers and providing information about alternative medicine options we hope to help Medical Professionals gain a broader perspective on how to effectively approach disease management that will better serve the **Sarcoidosis** community at large.

It is the desire of the **ASFL Sarcoidosis Foundation** to support, inspire and encourage Survivors, Supporters and Advocates to stand shoulder to shoulder in harmony and fight together until there's a cause and a cure!

Important Links

American Lung Association
www.lung.org

Cleveland Clinic
www.my.clevelandclinic.org

Mayo Clinic
www.mayoclinic.com/health/sarcoidosis/DS00251

National Heart Lung & Blood Institute
www.nhlbi.hih.gov

WASOG
www.wasog.org



Contact

Jaz Owens
(818) 850-0223
Asongfoundation@gmail.com



Website

<http://asongforlife.wix.com/sarcoidosis>

Social Media

Facebook.com/ASongForSarcoid
Twitter: @ASongForSarcoid

Sarcoidosis (Sar-coy-doe-sis) is a systemic inflammatory disease believed to be brought on by an abnormal response of the body's immune system resulting in inflammation of tissue that clump together and form grain-like lumps called Granulomas in various parts of the body.

Sarcoidosis is considered a multi-systemic disorder because it has the ability to affect any system and organ in the body; the heart, eyes, liver, kidneys, skin and even the central nervous system; including the brain, but it generally originates in or around the lungs.

Sarcoidosis is **not** contagious but it can potentially be fatal due to its erratic behavior in the body coupled with the inability of the medications used to treat the disease to stop the progression of the disease and the fact that there's **NO KNOWN CURE!!**

What Causes Sarcoidosis?

The cause of Sarcoidosis is unknown but researchers believe that Sarcoidosis might be caused by the body's immune system reacting to something environmental such as; Bacteria, Chemicals/Toxins, Dust, Mold or Pathogens that enter the body and possibly even a virus but to date a definite cause remains unclear.

What are the signs & symptoms of Sarcoidosis?

Signs and symptoms of Sarcoidosis vary from person to person, no two people are affected in same exact way (which is why the "snowflake" has become the national symbol for the disease).

Common signs can include but are not limited to:

A persistent dry cough, shortness of breath, extreme fatigue, vague feelings of discomfort, fever, weight loss, small red bumps on the face, arms, buttocks or legs, eye irritation, arthritis in the ankles, elbows, wrists and hands but in some cases symptoms may not appear at all.

How is Sarcoidosis diagnosed?

In the early stages of Sarcoidosis symptoms can be minimal to non-existent. Signs of the disease can develop gradually over time or emerge & disappear suddenly.

Is Sarcoidosis contagious?

No, it is not transmittable from person to person.

The erratic characteristics of Sarcoidosis can make it very difficult to diagnose which is why it is frequently detected incidentally through a chest x-ray taken for unrelated reasons.

Oftentimes when signs & symptoms do become present they are mistaken as preludes to other similar diseases such as Lupus, Lymphoma, Tuberculosis, Rheumatoid Arthritis & even heart disease. Sadly, many patients go misdiagnosed for years under the label of these diseases before being properly diagnosed with Sarcoidosis. Therefore a doctor must first rule out other diseases before they can confirm a diagnosis of Sarcoidosis.

Common test used to help identify Sarcoidosis include:

- * **Chest X-ray**
- * **Tissue Sampling**
- * **Pulmonary Function Test (PFTs)**
- * **Mediastinoscopy** - Surgical procedure to examine the inside of the upper chest cavity near the lungs.
- * **Blood Test Measuring:**
 - Liver Function
 - Calcium Levels,
 - **ACE Levels**/Angiotensin-Converting Enzyme
- * A substance produced by the granuloma making cells
- * **Slit-Lamp Examination** - Eye Test
- * **Electrocardiogram (ECG)** - Tests heart function.

Who is at risk for Sarcoidosis?

Anyone can develop Sarcoidosis! It's no longer considered a rare disease as it has become a common health issue that affects people internationally from all origins, ethnicities, gender & ages (but most commonly detected between the ages of 20 - 40).

Since the first detection of Sarcoidosis in London back in 1877, this disease has spread worldwide but still remains a medical mystery. Sarcoidosis remains one of the least recognized & underserved causes today but silently affects an **(estimated)** tens of thousands plus people across the U.S.

The symptoms of Sarcoidosis may masquerade as other illnesses, but the real **"Faces of Sarcoidosis"** stand before you each day as mothers, fathers, husbands, wives, sisters, brothers, sons, daughters & friends fighting to raise the volume on what has become a quiet worldwide epidemic through awareness, education & research to help find a cause and a cure!

Faces of Sarcoidosis V5.5

