

The Time Is Now: Health Disparities in Sarcoidosis & Strategies to Mitigate Them

Faculty Lecture: Michelle Sharp MHS, MD, FCCP

Gender Disparities

- Females with sarcoidosis:
 - More lost workdays
 - Higher rates of depressive symptoms
 - Lower HRQoL
 - Greater physical limitations
 - Lower lung function (FVC % predicted)
 - Higher rates of hospitalization



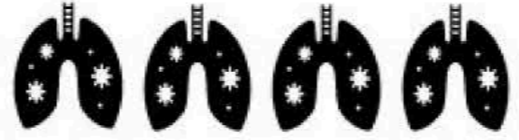
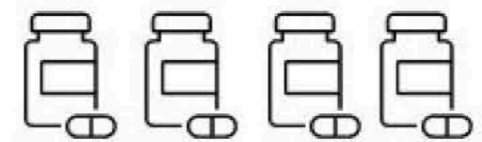
BRIDGE TO EQUITY



Adapted from Sharp et al. Clin. Chest Med. 2023

Socioeconomic Disparities

Low-income patients **more likely to report lower health related quality of life** and comorbidities.



Low-Income patients report **barriers to obtaining medicines** and care.

Low-income patients are **25% more likely to be hospitalized**



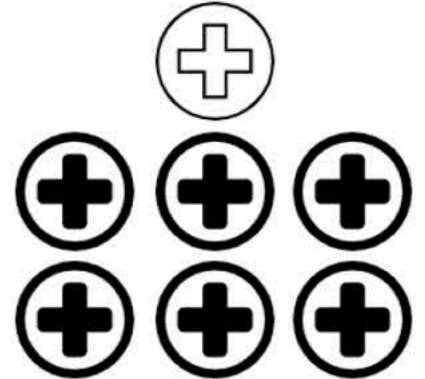
Sharp et al. Clin. Chest Med. 2023
Harper et al. Am J Respir Crit Care Med 2020
Fidler et al. Ann Am Thorac Soc. 2021

Racial Disparities



Black individuals are more likely to have **multi-organ** disease²⁶ and **more severe** disease⁷

Black individuals are **12 times** more likely to die from sarcoidosis²⁹



Black individuals are **6 times** more likely to be admitted to the hospital for sarcoidosis related complications²⁸

Sarcoidosis Associated Fatigue (SAF) What the Pulmonologist Needs to Know

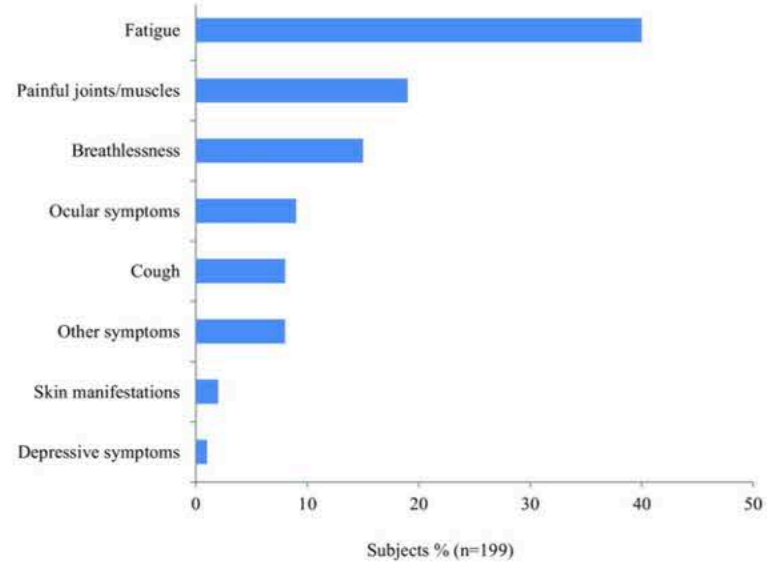
Faculty Lecture: Ougua Ndili Obi, MD, MPH, MSc, FCCP

Fatigue is the Most Common & Most Burdensome Symptom of Sarcoidosis

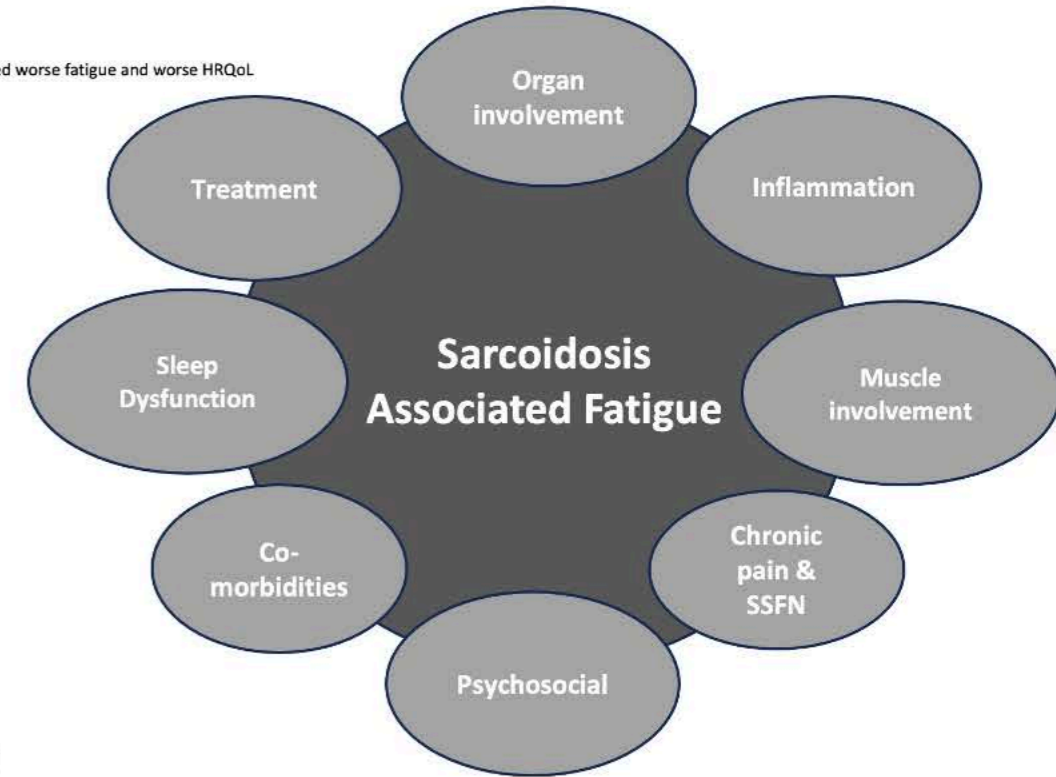
Needs, Perceptions and Education in Sarcoidosis: A Live Interactive Survey of Patients and Partners

Moor et al. Lung. 2018 Oct;196(5):569-575b

“What symptom of sarcoidosis affects you the most?”



Causes & Mechanisms of SAF



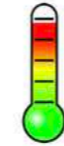
The effect of corticosteroids on quality of life in a sarcoidosis clinic: the results of a propensity analysis

Judson et al. Respir Med. 2015 Apr;109(4):526-31

Conclusion: Patients receiving > 500 mg prednisone in the previous year reported worse fatigue and worse HRQoL



The Fatigue Assessment Scale (FAS)



- Most widely used sarcoidosis specific fatigue assessment tool
- Administer the FAS every visit (Can be completed in < 2 mins)
- <https://www.wasog.org/educational-material/fatigue-assessment-scale.html>

Br J Health Psychol. 2004 Sep;9(Pt 3):279-91

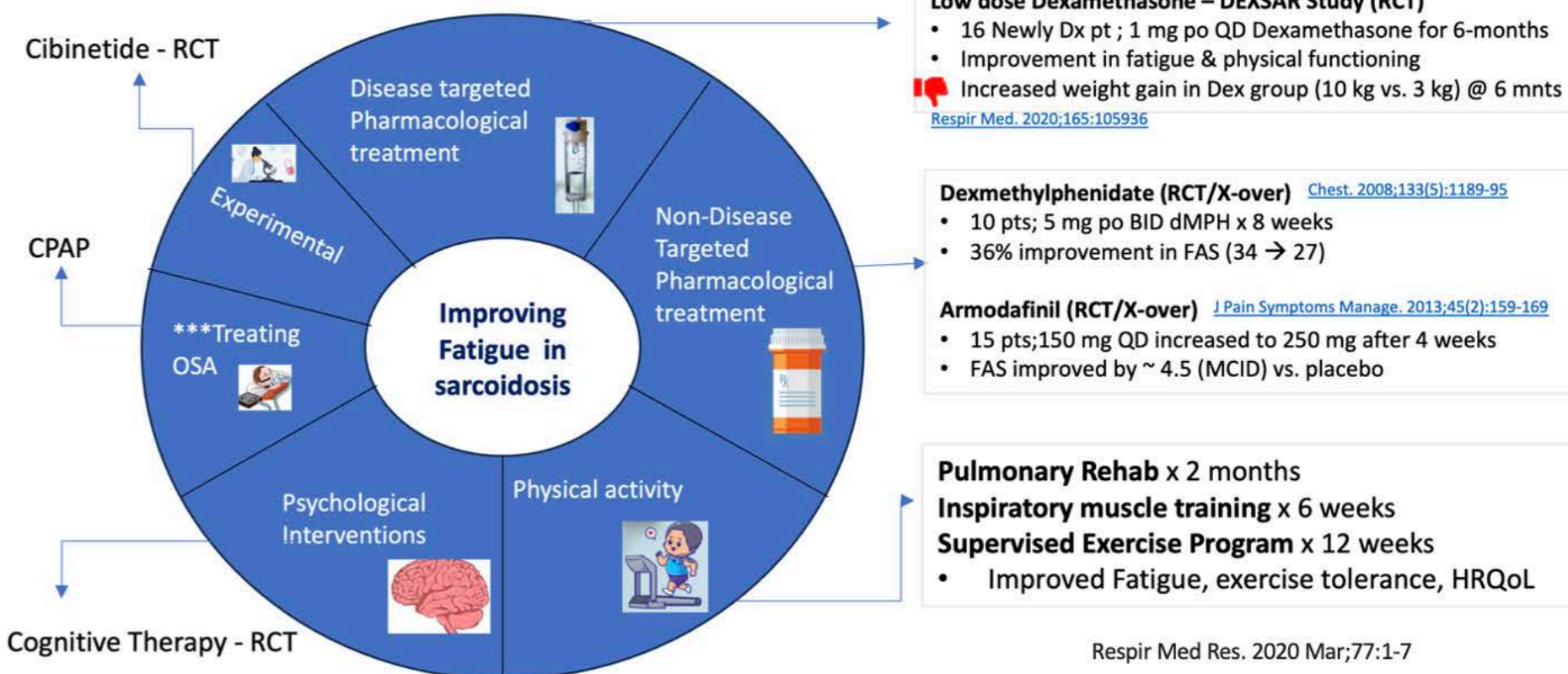
Adapted from Obi ON. Semin Respir Crit Care Med. 2020 Oct;41(5):716-732

SAF can persist long after clinical remission of disease & without other organ involvement

Characterization of chronic fatigue in patients with sarcoidosis in clinical remission

Ingrid H E Korenromp¹, Cobi J Heijnen², Oscar J M Vogels³, Jules M M van den Bosch⁴, Jan C Grutters⁴

CHEST® Overview of Treatment Strategies Pharmacological & Non-Pharmacological



Respir Med Res. 2020 Mar;77:1-7