

ASYMPTOMATIC DEBUT OF PULMONARY SARCOIDOSIS: THE RATE OF SPONTANEOUS REGRESSION AND PROGRESSION

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Abstract

In order to study the rate of spontaneous regression and progression of pulmonary sarcoidosis with asymptomatic clinical onset we performed a comparative analysis of 3-month follow-up results of stage II sarcoidosis patients with asymptomatic debut and the results of 3-month corticosteroid therapy of stage II sarcoidosis clinically symptomatic patients.

In stage II asymptomatic debut patients a spontaneous regression without treatment after 3-months follow-up period was observed in only 43,8 %. In 21,2 % of cases there were no changes, while in 25,0 % of patients a progression of sarcoidosis was registered.

In stage II clinically symptomatic sarcoidosis patients and/or those with pulmonary ventilation/diffusion disturbances after 3-month corticosteroid therapy a regression of the disease was registered in a majority of patients (87,5 %). A stabilization of disease was noted in 12,5 % of cases. No progression was registered in this group of patients.

In contrast to asymptomatic debut sarcoidosis patients, in clinically symptomatic patients there was observed a significant decrease of lung parenchyma density according to computed tomography densitometry data, objectively confirming the results of visual evaluation of the disease course and proving the high effectiveness of corticosteroid therapy administered.

A significant number of progressive sarcoidosis cases in group where corticosteroids were not administered testify to the necessity of timely use of corticosteroid therapy beginning from the first visit regardless of the presence or absence of clinical symptoms and disturbances of lung function.

Key words: asymptomatic pulmonary sarcoidosis, spontaneous regression, progression.

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