

FATIGUE IN SARCOIDOSIS IS ASSOCIATED WITH EXERCISE TOLERANCE, DYSPNOEA AND QUALITY OF LIFE

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Aim: Fatigue is one of the major symptoms reported by sarcoidosis patients. The aim of the study is to evaluate a relationship between fatigue and lung function tests, exercise tolerance, dyspnea and quality of life among sarcoidosis patients. Methods: One hundred eleven sarcoidosis patients of an inpatient Pulmonary Dpt Medical University of Silesia in Zabrze completed Fatigue and Assessment Scale (FAS), quality of life scale (SF-36) and dyspnoea questionnaires (MRC, OCD, BDI). Clinical parameters (FVC, FEV1, DLCO, VO2, VO2/ AT, Watts) were derived from the patients' medical files. Results: 53 patients reported fatigue regardless of steroid consumption. The exercise ability was the only clinical parameter associated with fatigue. No correlations were found between FAS and spirometry or diffusing capacity. Fatigue predicted all dyspnea domains by means of multivariate regression analyses (r values ranging from 0.47 to 0.77) and quality of life (r values ranging from -0.33 to -0.83). Conclusion: FAS can be reliable and valid indicator of dyspnoea, quality of life and exercise ability in sarcoidosis patients. Standard clinical parameters as spirometry and diffusing capacity are not associated with fatigue level estimated by FAS.