

Case study reveals therapy to reduce sarcoidosis symptoms in 5q-myelodysplastic syndrome

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A case study published in the August issue of the journal *CHEST* found lenalidomide treatments may have an immediate effect in the treatment of sarcoidosis-related symptoms. Sarcoidosis, a disease that involves abnormal collections of inflammatory cells that can form nodules in various organs, can affect individuals from all racial and age groups. To date, no optimal therapies have been effective in managing this condition.

This finding was reported in the case of a 71-year-old woman with a long-standing history of refractory pulmonary sarcoidosis. Upon receiving two cycles of treatment with lenalidomide, the patient's breathlessness, fatigue, daily activity, and quality of life showed significant improvement, and her lung function testing demonstrated a remarkable increase in vital capacity. The case is the first of its kind to report the potential effects of lenalidomide as a therapeutic option in patients with pulmonary sarcoidosis.

The entire study "Use of Lenalidomide in 5q-Myelodysplastic Syndrome Provides Novel Treatment Prospects in Management of Pulmonary Sarcoidosis" can be viewed in the August issue of *CHEST*.

More information: Use of Lenalidomide in 5q-Myelodysplastic Syndrome Provides Novel Treatment Prospects in Management of Pulmonary Sarcoidosis, *Chest*. 2015;148(2):e35-e37. [DOI: 10.1378/chest.14-2529](https://doi.org/10.1378/chest.14-2529)

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