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Title: Shot and long-term effects of pulmonary rehabilitation program in sarcoidosis

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Body: Pulmonary rehabilitation is not an established treatment modality for sarcoidosis patients now. Total strategy and an appropriate protocol need to be determined. The aim: to evaluate the shot and long-term effects of multidisciplinary individualized rehabilitation program in sarcoidosis. Sarcoidosis patients were randomized into rehabilitation (R) (70 patients, 31m/49f, mean age 36 yrs) and a control (C) groups (70 patients, 30m/40f, mean age 35 yrs) in accordance with attendance of multidisciplinary rehabilitation program, included exercise training (40 min/5 times weekly), physiotherapeutic procedures, education, nutritional advice, stress management. All patients were examined before, just after and in 5 yrs after course of rehabilitation with lung functional tests, chest x-ray, electrocardiography, walking test, laboratory tests and quality of life (QL) by WHO questionnaire. Just after rehabilitation course there was no significant difference in the radiological picture, laboratory tests and ECG compared to the baseline and between the groups. But only in R group there was significant improvement ($p<0.05$) in clinical features (reducing of dispnoe and disappearing of weakness), walking test and health-depended QL (total score in patients of R group has reached 73.5±5.2 vs 57.5±4.9, $p<0.05$). In 5 years after rehabilitation R group has better health status than C group. Normalization of radiological picture (Relative Risk (RR) 1.36±0.24; $p=0.042$), improvement of lung function (RR- 1.51±0.28; $p=0.036$) and absence of relapses were associated with R (RR- 1.58±0.21; $p=0.031$). Conclusion: Pulmonary rehabilitation has positive shot and long–term effects on health status and quality of life in sarcoidosis.