

# COGAN SYNDROME

## WHAT IS COGAN SYNDROME?

Cogan syndrome is a rare disorder characterized by recurrent inflammation of the inner ears and eyes. It can lead to vision difficulties, hearing loss and dizziness. Cogan Syndrome primarily affect the large vessels. It affects other organs such as the heart, nervous system and bowels.

## SYMPTOMS

The most common symptoms include red, painful, light-sensitive or blurred vision; hearing loss (which may become profound and permanent); vertigo (dizziness); poor balance; nausea and vomiting; fever, fatigue and weight loss. Rare symptoms of Cogan Syndrome are enlarged lymph nodes, rash, chest pain, arm pain and shortness of breath.

## CAUSE

The cause of Cogan's Syndrome is not yet known.

## TREATMENT

Most people with Cogan's Syndrome will need treatment with moderately high doses of prednisone or other types of steroids. A few patients with mild eye disease may be treated with anti-inflammatory drugs including steroids and nonsteroidal anti-inflammatory drugs (NSAIDs). Many patients will also require additional treatment with other immunosuppressive drugs including Methotrexate, Cyclosporin, Azathioprine, Tacrolimus or Cyclophosphamide.