

## Fast Facts

### Sjögern's Syndrome

- Autoimmune disorder
- First targets are the glands that make tears and saliva
- Can also affect skin, joints, thyroid, kidneys, liver, lungs, and nerves
- Reason the body does this isn't known but thought to be related to certain genetic factors that get triggered by an infection from a virus or bacteria
- Often accompanies other autoimmune conditions, like lupus or rheumatoid arthritis
- Can present in anyone, but more common in women and people over the age of 40

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Eyes:</i></p> <ul style="list-style-type: none"> <li>-Dry</li> <li>-Burning</li> <li>-Itchy</li> <li>-Gritty feeling</li> </ul> <p><i>Mouth:</i></p> <ul style="list-style-type: none"> <li>-Dry making it difficult to speak or swallow</li> </ul> <p><i>Other:</i></p> <ul style="list-style-type: none"> <li>-Skin rash</li> <li>-Dry skin</li> <li>-Joint pain/swelling/stiffness</li> <li>-Prolonged fatigue</li> <li>-Swollen salivary glands</li> <li>-Vaginal dryness</li> <li>-Persistent dry cough</li> </ul>	<p><i>Eyes:</i></p> <ul style="list-style-type: none"> <li>-Artificial tears</li> <li>-Eye lubricants</li> <li>-Both</li> <li>-Cyclosporine or lifitegrast to reduce inflammation</li> <li>-Increase indoor humidity</li> <li>-Avoid air blowing on the face</li> <li>-Surgery to seal duct that drains tears (only done if nothing else is helping)</li> </ul> <p><i>Mouth:</i></p> <ul style="list-style-type: none"> <li>-Don't smoke</li> <li>-Avoid coffee/alcohol</li> <li>-Stay away from acidic beverages (ex. soda/sports drinks) and sweets</li> <li>-Brush/floss after every meal</li> <li>-Use topical fluoride treatments or antimicrobial mouthwashes daily</li> <li>-Visit the dentist every six months</li> <li>-Sip on water throughout the day</li> <li>-Chew sugarless gum or suck on citrus-flavored hard candies</li> <li>-Use artificial saliva if needed</li> <li>-Use saline nasal spray to prevent mouth breathing due to stuffy nose</li> <li>-Take pilocarpine or cevimeline to increase saliva production</li> <li>-Antifungals for oral thrush</li> </ul> <p><i>Skin:</i></p> <ul style="list-style-type: none"> <li>-Don't take hot baths or showers</li> <li>-Pat skin dry instead of rubbing</li> <li>-Apply lotion while skin is still damp</li> </ul>	<ul style="list-style-type: none"> <li>-None at this time</li> </ul>

	<ul style="list-style-type: none"><li>-Wear rubber gloves when washing dishes or using cleaning products</li></ul> <p><i>Vaginal Dryness:</i></p> <ul style="list-style-type: none"><li>-Vaginal moisturizers/lubricants</li></ul> <p><i>Other:</i></p> <ul style="list-style-type: none"><li>-Arthritis symptoms = nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen or naproxen</li><li>-Hydroxychloroquine if the entire body is affected</li><li>-Methotrexate to suppress the immune system</li></ul>	
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