

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

	<p>-Wear rubber gloves when washing dishes or using cleaning products</p> <p><i>Vaginal Dryness:</i></p> <p>-Vaginal moisturizers/lubricants</p> <p><i>Other:</i></p> <p>-Arthritis symptoms = nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen or naproxen</p> <p>-Hydroxychloroquine if the entire body is affected</p> <p>-Methotrexate to suppress the immune system</p>	
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