



Sjögren's Fact Sheet

- Sjögren's ("SHOW-grins") is a chronic autoimmune disease in which white blood cells attack and damage the moisture producing glands in a person's body.
- Sjögren's is the 2nd most common rheumatic autoimmune disease in the United States. Affecting as many as four million Americans, Sjögren's is three times more common than better known related diseases such as Lupus and Multiple Sclerosis.
- Sjögren's strikes nearly 1 in every 70 people.
- 90% of Sjögren's patients are women. Most patients are diagnosed in their late 40s however the disease has been recognized in nearly all racial and ethnic groups and in all age groups, including children.
- Patients most commonly experience dry mouth, dry eye, fatigue and/or joint pain. Patients may also experience symptoms such as dry, gritty or burning sensation in the eyes; difficulty talking, chewing or swallowing; sore or cracked tongue; dry or burning throat; dry, peeling lips; vaginal and skin dryness; Increased dental decay and digestive problems
- Along with symptoms of extensive dryness, other serious complications include profound fatigue, chronic pain, major organ involvement, neuropathies and lymphomas.
- Sjögren's can occur on its own or with another autoimmune disease such as lupus, rheumatoid arthritis or scleroderma and 50% of all Sjögren's patients have another autoimmune disease.
- Someone with Sjögren's has a greater risk of developing lymphoma (44 times greater than a healthy individual).
- Sjögren's remains relatively unknown and is often undiagnosed or misdiagnosed. The average time from the onset of symptoms to diagnosis is 2.8 years.
- A diagnosis can be difficult because symptoms can vary from person to person and may mimic other medical conditions. Additionally, patients may not share all of their symptoms with a specific healthcare professional (i.e. telling a dentist about dry eyes, etc.) and symptoms are not always present at the same time so they are treated individually rather than systemically.
- There is currently no known cure for Sjögren's.
- The Sjögren's Syndrome Foundation is the only national non-profit organization dedicated to increasing research, awareness and education for Sjögren's.

**For more information you can visit www.Sjogrens.org
or call the Sjögren's Syndrome Foundation at (301) 530-4420**

THIS IS SJÖGREN'S

As many as
4 MILLION
AMERICANS
have Sjögren's

with an estimated
2.5 MILLION
PATIENTS
currently
undiagnosed




9 OUT OF 10
Sjögren's patients
ARE WOMEN



It now takes an
average of
2.8 YEARS
to receive a

**SJÖGREN'S
DIAGNOSIS**



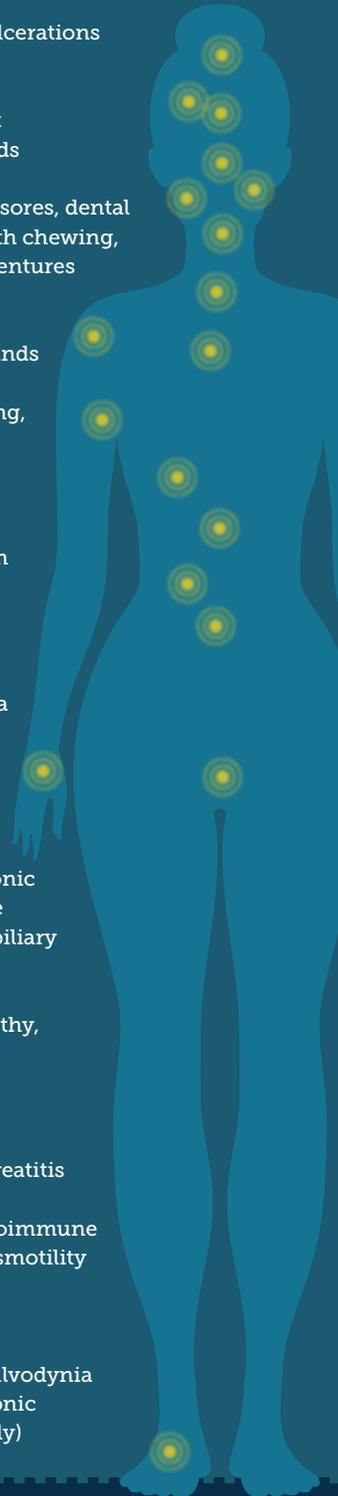
The average age of
Sjögren's diagnosis is
40 YEARS
It can occur in
all age groups



Frequency appears to
INCREASE WITH AGE

Sjögren's ("SHOW-grins")
is a systemic autoimmune
disease that affects the
entire body.

- Neurological problems, concentration/memory-loss, dysautonomia, headaches
- Dry eyes, corneal ulcerations and infections
- Dry nose, recurrent sinusitis, nose bleeds
- Dry mouth, mouth sores, dental decay, difficulty with chewing, speech, taste and dentures
- Swollen, painful parotid/salivary glands
- Difficulty swallowing, heartburn, reflux, esophagitis
- Fatigue, vasculitis, lymphoma, dry skin
- Recurrent bronchitis, interstitial lung disease, pneumonia
- Arthritis, muscle pain
- Abnormal liver function tests, chronic active autoimmune hepatitis, primary biliary cholangitis
- Peripheral neuropathy, Raynaud's
- Stomach upset, gastroparesis, autoimmune pancreatitis
- Irritable bowel, autoimmune gastrointestinal dysmotility
- Interstitial cystitis
- Vaginal dryness, vulvodynia (women only); chronic prostatitis (men only)



LEARN MORE

sjogrens.org

This is Sjögren's...

"I look healthy on the outside, however my disease is attacking my internal organs and destroying me from the inside out"

"Sjögren's has started to attack my lungs and I have difficulty breathing and performing everyday tasks"

"I rarely smile or talk in public since my inability to produce saliva has caused embarrassing tooth decay"

"I lost my passion for dining out because Sjögren's has affected my ability to chew and digest most foods"

"Joint pain, aching muscles and inability to sleep is an everyday occurrence for me"

"My inability to produce tears causes extreme eye discomfort and makes me prone to chronic eye infections"

"This terrible disease sets a 'new normal' way of life, which is 'not normal' at all"

"I wake up each day hoping a treatment is developed that will allow me to live an active and normal life again"

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Dry nose, recurrent sinusitis, nose bleeds

Dry mouth, mouth sores, dental decay, difficulty with chewing, speech, taste and dentures

Fatigue, vasculitis, lymphoma, dry skin

Arthritis, muscle pain

Peripheral neuropathy, Raynaud's

Dry eyes, corneal ulcerations and infections

Swollen, painful parotid/salivary glands

Difficulty swallowing, heartburn, reflux, esophagitis

Recurrent bronchitis, interstitial lung disease, pneumonia

Abnormal liver function tests, chronic active autoimmune hepatitis, primary biliary cirrhosis

Stomach upset, gastroparesis, autoimmune pancreatitis

Irritable bowel

Interstitial cystitis

Vaginal dryness, vulvodynia

www.sjogrens.org

