

40 WAYS TO ADVOCATE for Sjögren's Awareness

Did you know an estimated 4 million Americans suffer with Sjögren's?

[This is NOT a rare disease!](#)

The Sjögren's Foundation is constantly working to raise awareness of this serious disease, and in honor of our 40th anniversary, we will be sharing 40 ways you can help raise awareness throughout the month.

These ideas are just suggestions - you can do as many or as few as you are comfortable with - and we encourage you to come up with some ideas of your own!

1

Share a picture of yourself on Facebook and/or Instagram using #ThisIsSjögrens.

Call Representative Joe Morelle's office to say THANK YOU for leading the Congressional resolution.

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Make sure to like and follow the Sjögren's Foundation on Facebook and Instagram.

Consider participating in a Sjögren's event like the Walk for Sjögren's.

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Reach out to your Sjögren's medical team and see if they provide Sjögren's specific brochures.

Submit your story for April Awareness Month.

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Share [this infographic](#) about the average age of diagnosis using #ThisIsSjögrens.

Consider holding a fundraiser for Sjögren's.

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Call your Representative to urge research funding for Sjögren's disease.

Share your go-to Sjögren's survival tip on social media using #ThisIsSjögrens.

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Share an infographic on social media about the top 5 symptoms experienced by Sjögren's patients using #ThisIsSjögrens.

Urge your Representative to support H. Res. 1094, a resolution recognizing April as Sjögren's Awareness Month.

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Subscribe to the Sjögren's blog and share a blog post with a friend or on social media. Use #ThisIsSjögrens.

Consider participating in AMP®AIM research that will help improve our understanding of Sjögren's.

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Encourage your medical team to take the *State of Sjögren's* CME course.

Wear your Sjögren's apparel around your local area and be ready to share information with people who are interested.

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Consider participating in a Clinical Trial. Even just reaching out can help promote more research.

Share a picture of the people who support you in your day-to-day life and use the hashtag #ThisIsSjögrens

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Share your best Sjögren's survival tip on social media or by emailing them to info@sjogrens.org.

Call your Representative to request they sign on to CMS dental coverage letter for autoimmune disease patients.

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Consider becoming a Sjögren's Awareness Ambassador.

Share [this infographic](#) on social media about how Sjögren's is NOT a rare disease.

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Become a member of the Sjögren's Foundation and add your voice to the fight against Sjögren's.

Consider joining a local support group.

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Talk to your family and friends and share your experience living with Sjögren's.

Ask your medical team to subscribe to Sjögren's Quarterly to keep informed on Sjögren's research and clinical best practices.

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Contact companies that make your favorite Sjögren's product and thank them by explaining why their product is important for Sjögren's patients.

Share [this infographic](#) on social media about illustrating the time it takes for a diagnosis using #ThisIsSjögrens.

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Volunteer at a local health fair to pass out Sjögren's brochures and information.

Consider becoming a Patient Support Volunteer and taking calls from Sjögren's patients in your area.

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Use your birthday as an opportunity to raise awareness and funds by creating a Facebook Fundraiser.

Share a video of your personal story to social media using #ThisIsSjögrens

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Carry copies of the "What is Sjögren's?" brochure to hand out.

Share Clinical Practice Guidelines with your Sjögren's healthcare providers to raise awareness of best clinical practices.

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Write into a local newspaper, community newsletter, or blog with information about Sjögren's.

Share a Sjögren's patient tipsheet on social media.

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Encourage family and friends to learn more about Sjögren's.

Share the Nomenclature Initiative and why it's important to refer to Sjögren's as a serious, systemic, and prevalent disease not a syndrome.

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Share the April Sjögren's Awareness month video.

Share one or more of the Sjögren's awareness videos by Venus Williams, Shannon Boxx, or Carrie Ann Inaba.

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