



Sample Letter:

To Whom It May Concern:

This letter is intended to give you a brief summary of Sjögren's, associated oral manifestations and justification of the need for expanded dental care to be covered by your plan for our patient, *[insert name]*.

Sjögren's is a systemic immune mediated disease of exocrine tissues, such as salivary and lacrimal glands resulting in oral and ocular dryness. The oral manifestations of Sjögren's include reduced quantity and quality of saliva, increased incidence of caries, dental decay and loss of teeth, mucosal atrophy, salivary gland enlargement, recurrent parotitis, and greater frequency of candidiasis and other infections.

Even though some medications stimulate saliva secretion, such as cevimeline (Evxac6) and pilocarpine (Salagen6) the mainstay in the treatment of patients with Sjögren's syndrome is regular dental care. Unfortunately, many of a patient's dental issues are caused by the lack of saliva being produced by their salivary glands due to Sjögren's syndrome.

Patients suffering from Sjögren's require meticulous dentist-guided care, such as frequent visits to a dentist and prescription strength fluoride, to prevent and treat any complications associated with the disease as well as expanded services such as dental caps and implants. This progressive dental decay is caused by their disease and that is why we hope you will consider covering their dental visits under their health insurance plan versus dental insurance.

The complexity of the Sjögren's requires multidisciplinary care with regular visits to a dentist, ophthalmologist, rheumatologist and their primary care provider.

We thank you for reviewing this case and would be happy to discuss any questions you might have regarding Sjögren's.

Sincerely,

[your dentist or physician]