

“Sjögren’s Disease” is Formally Adopted by Global Consensus

The international consensus manuscript formalizing the renaming of Sjögren's disease has been published in *Nature Reviews Rheumatology*.

This newly published manuscript represents the culmination of years of advocacy, research, and collaboration. Retiring the term “syndrome” isn’t just a shift in language; it’s a meaningful correction that better reflects the seriousness of the disease and validates the lived experiences of millions around the world.

What You Should Know:

- ✗ The term “Sjögren’s syndrome” should no longer be used in clinical practice.
- ✓ The term Sjögren’s disease should replace Sjögren’s syndrome.
- ✓ Sjögren’s without “disease” is an acceptable way to refer to the disease, especially once it’s been cited as Sjögren’s disease.
- ✓ The acronym SjD should be used as an abbreviation for Sjögren’s disease.
- ✗ The term “secondary” Sjögren’s should no longer be used in clinical practice.
- ✓ Use the term “associated” in lieu of secondary for Sjögren’s disease occurring in association with a second systemic disease.



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Why This Change Matters:

- Language shapes perception. Referring to Sjögren's as a "syndrome" may inadvertently suggest it's just a collection of symptoms rather than a serious autoimmune disease. This mischaracterization can lead to misunderstandings among healthcare providers, patients, and the public, potentially impacting diagnosis, treatment, and research funding.
- The word “syndrome” minimizes the seriousness of this systemic autoimmune disease. Sjögren’s is a complex, multisystem disease that affects moisture-producing glands and can involve serious complications in any organ, including the lungs, kidneys, nervous system, and more.
- The terminology update also discontinues the use of “primary” and “secondary” Sjögren’s, acknowledging that Sjögren’s should be recognized on its own, regardless of whether other autoimmune diseases are present.
- This shift is crucial for improving diagnosis, enhancing patient care, and ensuring Sjögren’s is taken seriously by the medical community.

Note: In the United States, the Sjögren's Foundation recommends usage of the term “Sjögren’s disease”, in keeping with the prevalent use of the possessive form of medical eponyms in U.S. medical literature, healthcare records, patient advocacy, healthcare communications and at medical institutions. Spelling of the name can be with or without the umlaut (ö).

