



## **Sjögren's – Did You Know?**

- Did You Know? Sjögren's is pronounced “SHOW-grins.”
- Sjögren's was first identified by a Swedish physician, Dr. Henrik Sjögren in 1933.
- Sjögren's is a chronic autoimmune disease in which white blood cells attack and damage the moisture producing glands in a person's body.
- Since Sjögren's significantly decreases the quantity and quality of moisture in the body, symptoms patients may first notice include dry mouth, dry eye, vaginal dryness, fatigue and/or joint pain.
- All instances of Sjögren's are systemic, affecting the entire body. This causes a person's kidneys, gastrointestinal system, lungs, liver, pancreas, and the nervous system to become compromised and possibly even shut down.
- Sjögren's is the second most common autoimmune rheumatic disease and 3x more common than better known related diseases such as Lupus and Multiple Sclerosis.
- Sjögren's strikes as many as 4 million Americans (1 in 70).
- 90% of Sjögren's patients are women.
- Sjögren's can occur on its own or with another autoimmune disease such as lupus, rheumatoid arthritis or scleroderma.
- Someone with Sjögren's has a greater risk of developing lymphomas (44 times greater than a healthy individual). Early diagnosis and treatment are important for preventing complications with Sjögren's.