

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 serious, systemic, and prevalent!
- 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 all age groups, including children. It has also been recognized in nearly all racial and ethnic groups.
- Patients most commonly experience dry mouth, dry eye, fatigue, and/or joint pain. Patients may also experience symptoms such as 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 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 Foundation at (301) 530-4420**

THIS IS Sjögren's



The infographic is divided into four quadrants with a color gradient from dark blue at the top to light green at the bottom. Each quadrant contains text, icons, and small illustrations.

- Top Left (Dark Blue):** Text: "As many as 4 MILLION AMERICANS have Sjögren's with an estimated 2.5 MILLION PATIENTS currently undiagnosed". Includes a map of the United States and a question mark icon.
- Top Right (Light Blue):** Text: "9 OUT OF 10 Sjögren's patients ARE WOMEN". Includes a female symbol and a row of 10 human silhouettes, with 9 being blue and 1 being yellow.
- Bottom Left (Medium Blue):** Text: "It now takes an average of 2.8 YEARS to receive a Sjögren's Diagnosis". Includes a calendar icon and a silhouette of a doctor and patient.
- Bottom Right (Light Green):** Text: "The average age of Sjögren's diagnosis is 40 YEARS. It can occur in ALL AGE GROUPS. Frequency appears to INCREASE WITH AGE". Includes silhouettes of children, an adult, and an elderly person, with an upward-pointing arrow.

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)



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