

Sjögren's syndrome - an information booklet.

Arthritis & Rheumatism Council for Research - The New Sjogren's Syndrome Handbook



Description: -

-Sjögren's syndrome - an information booklet.

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Sjögren's syndrome

See your GP if you experience any symptoms of dryness, particularly of your eyes and mouth. It is a valuable aid that patients can use while discussing their illness with their physician and an excellent resource for family members. The condition may progress slowly, so the typical symptoms of dry eyes and mouth may take years to show.

Sjogren's syndrome

Salivary glands You have three pairs of major salivary glands — parotid, sublingual and submandibular. Taking care of your eyes and mouth can help prevent problems such as corneal ulcers and .

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An unusually low flow rate can indicate Sjögren's syndrome. Side effects are uncommon and usually mild. This means that good oral hygiene is important if you have dry mouth.

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Saliva substitutes or mouth-coating gels can be helpful, especially at night when the mouth becomes drier.

Sjögren's syndrome: Symptoms, diet, and treatment

Read more about Saliva substitutes There are a number of saliva substitute products that can help lubricate your mouth. It is believed that the immune system must be activated by some sort of trigger — such as a viral or bacterial infection — that sends the immune system into overdrive. Clusters of lymphocytes a type of white blood cell in the tissue can indicate Sjögren's syndrome.

Sjögren's syndrome

Hydroxychloroquine Hydroxychloroquine has been shown to slow down the immune system's attack on the tear and saliva glands. Clinical

guidelines for management of dry eye associated with Sjögren disease. Starkebaum, MD, MACR, ABIM Board Certified in Rheumatology, Seattle, WA.

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