



KEYS FOR Sjögren's Disease EARLY

What Is Sjögren's Disease?

Sjögren's disease is an autoimmune disease most commonly identified by chronic dryness of the eyes and mouth. Sjögren's disease is progressive and can lead to other symptoms and complications.

Catching Sjögren's early can help immensely when it comes to managing the condition.

Understanding Autoimmunity

Autoimmune diseases occur when the body attacks itself. The immune system reacts as if there's an infection or virus it needs to eradicate. However, in these cases the targets are otherwise healthy tissues. Autoimmune diseases can cause inflammation and scarring, among other complications.

Why You Should Watch for Dryness

Sjögren's disease initially affects the glands that produce tears, saliva, and mucus, drying out the mouth and eyes.



Who's at Risk?

As with many autoimmune diseases, women (particularly women over 40) have a dramatically higher risk of developing Sjögren's than men. People with other autoimmune diseases such as lupus or rheumatoid arthritis are more likely to develop Sjögren's disease.

SYMPTOMS



Treating Sjögren's Early is Crucial

While there is no cure for Sjögren's disease yet, there are ways to treat and manage its symptoms. Catching Sjögren's earlier is extremely important to slow down its progression. Medications and dietary changes can help.

If Sjögren's disease is left unchecked, it can lead to serious complications, such as blindness, along with severe cardiovascular and breathing problems. Talk to your doctor for more information.

