



CFC #: 10603



Sjögren's - 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. The challenge is reaching a diagnosis takes an average of over 4.7 years from the onset of symptoms.
- January 2012, the SSF launched a 5-Year Breakthrough Goal, "50 in 5:"
"To shorten the time to diagnose Sjögren's by 50% in 5 years!"

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