

If you think you may have Sjögren's syndrome, it's best to see your doctor for proper diagnosis. Although Sjögren's is generally non-fatal, it can lead to complications, so early diagnosis and proper treatment are crucial. Sjögren's may be difficult to recognize, so make sure your doctor is familiar with Sjögren's syndrome. Also, don't forget to point out any and all symptoms, as well as any medications you may be taking.

Diagnosis

How can you be sure that my dry eye symptoms are due to Sjögren's syndrome and not some other disorder?

What types of diagnostic tests will I need to undergo to confirm my dry eye diagnosis?

How should I expect my dry eye symptoms to progress over time?

Support

Do I need to see a specialist (or specialists) about my dry eye?

If so, who would you recommend?

How often should I follow-up with you or my dry eye specialist?

Treatment

What types of treatments do you recommend for dry eye?

Are there any particular types of artificial tears you'd recommend for dry eye?

What are the side effects to the most common dry eye treatment options?

Are there any promising new and effective dry eye treatments on the horizon?

Are there any lifestyle changes I can make to better control my dry eye symptoms?