

Sjögren's in Children

A Parent's Guide to Symptoms

Sjögren's has traditionally been thought to most commonly occur in older populations. However, it is likely more common in children than is currently appreciated. A major difference between adults and children with Sjögren's are the major clinical presenting features. While over time children with Sjögren's can often see the same disease symptoms, initially it looks slightly different than it presents in adults.

What is Sjögren's?

Sjögren's is a systemic autoimmune disease that affects the entire body. Along with symptoms of extensive dryness, other serious complications include profound fatigue, chronic pain, major organ involvement, neuropathies and lymphomas.

Symptoms that all children can experience are listed below. The most common symptoms are boxed and **bolded**.

● Neurological problems, concentration/memory loss, dysautonomia, headaches

● Dry eyes, corneal ulcerations and infections

● Dry nose, recurrent sinusitis and nose bleeds

● **Swollen, painful parotid/salivary glands**

● Peripheral neuropathy, Raynaud's

● Stomach upset, gastroparesis, autoimmune gastrointestinal dysmotility

● Vaginal dryness/irritation (female patients)

● Interstitial cystitis

● Dry mouth, mouth sores, dental decay, difficulty with chewing, speech and taste

● Difficulty swallowing, heartburn, reflux, esophagitis

● **Fatigue**

● Recurrent bronchitis, interstitial lung disease, pneumonia

● **Joint pain, arthritis, muscle pain**

● Vasculitis, lymphoma, dry skin, rashes

● Primary biliary cholangitis, abnormal liver function tests, chronic active autoimmune hepatitis



If you suspect your child may have Sjögren's, speak to your doctor about a referral to a rheumatologist.

Call the Sjögren's Foundation at 800-475-6473 to learn more about support for children and families of children with Sjögren's.

Sjögren's Foundation

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