

# Notes

# About Sjogren's (SHOW-grins)

**Sjogren's is a well-characterized disease,  
NOT a vague syndrome.**

**Sjogren's is a serious, systemic disease,  
NEVER "just dryness".**

Sjogren's can impact every organ and system in the body;  
some manifestations of Sjogren's are life-threatening.

**Sjogren's is NOT rare.**

Sjogren's impacts 3-4 million people in the US  
and is about 3 times as prevalent as lupus.

**Sjogren's is invisible.**

Most people with Sjogren's look well  
and may have normal labs even when they are very sick.

*Content developed by the Smart Patients Sjogren's group  
with a special thank you to Smart Patients member, Joel.*

*Designed and edited by  
Sarah Schafer, MD and Bexi (Rebecca) Lobo, PhD.*

*May 2024*

## Resources

<b>Sjogren's Foundation</b>	<a href="http://www.sjogrens.org">www.sjogrens.org</a>
<b>Sjogren's Advocate</b>	<a href="http://www.sjogrensadvocate.com">www.sjogrensadvocate.com</a>
<b>Smart Patients</b>	<a href="http://www.smartpatients.com">www.smartpatients.com</a>

# The Burden of Sjogren's

**Sjogren's is relentless and unpredictable.**  
New problems can arise *anywhere* in the body at *any time*.  
The nervous system, GI tract, lungs, and joints  
are among the most frequently impacted organs and systems.

**Sjogren's is disabling; it's the disease,  
NOT laziness, that limits what people can do.**

Debilitating fatigue and pain often severely impact daily life.  
Unlike normal tiredness, fatigue remains a constant challenge,  
even with adequate sleep and a healthy lifestyle.

**Sjogren's is downplayed.**

Despite the high burden of disease,  
it is a struggle to find clinicians with up-to-date knowledge  
about how to diagnose and manage Sjogren's.

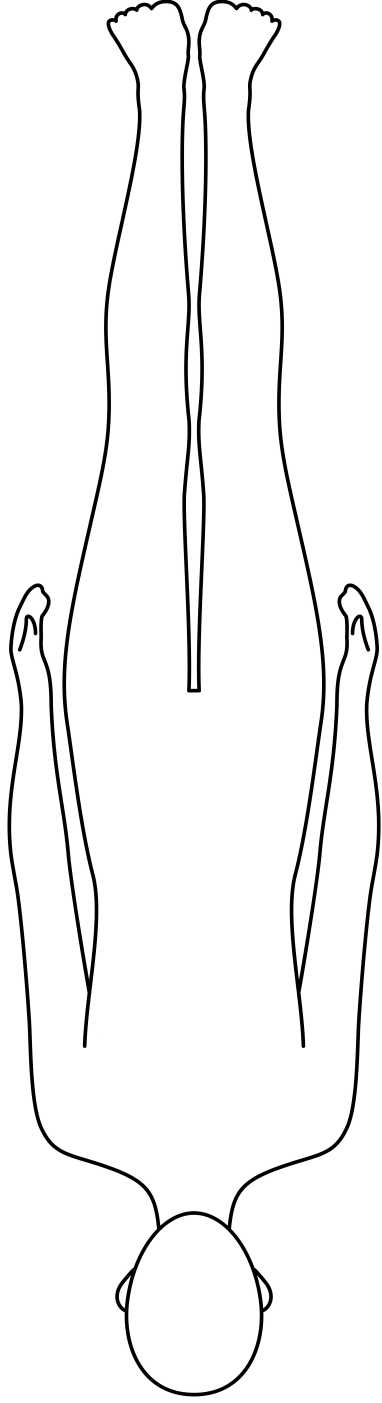
**Sjogren's is neglected.**

Sjogren's research lags decades behind that of similar diseases,  
leaving patients without adequate diagnostic tests or treatments.

**Sjogren's is costly.**

People with Sjogren's are often too sick and fatigued  
to keep working, and they face endless medical costs.

# How Sjogren's Impacts Me



*Image used under license from Shutterstock.com.*