Sjögren’s India
For Living Well with Sjögren’s syndrome

FAQs

Sjögren’s is a chronic systemic autoimmune disease that affects the glands that produce tears and saliva. People with Sjögren’s often experience dryness in their eyes, mouth, and other areas of the body. This can lead to a range of symptoms, including fatigue, joint pain, and muscle weakness.

Sjögren’s can affect any age group, but it is most common in older women. The disease is characterized by inflammation and damage to the glands that produce tears and saliva.

The exact cause of Sjögren’s is unknown, but it is believed to be an autoimmune reaction where the immune system attacks the glands.

There is currently no cure for Sjögren’s, but there are treatments available to manage symptoms and improve quality of life. These may include medications, eye drops, saliva substitutes, and lifestyle changes.

If you suspect you have Sjögren’s or are experiencing symptoms, it is important to seek medical advice. Early diagnosis and treatment can help manage symptoms and prevent complications.

Sjögren’s India is a non-profit organization working to raise awareness, provide support, and advocate for people with Sjögren’s. If you or someone you know is affected by this condition, please get in touch with Sjögren’s India to learn more about how we can help.

Tips for managing Sjögren’s

1. Stay hydrated: Drink plenty of water to keep your mouth and eyes moisturized.
2. Use artificial tears: These can help relieve dryness in the eyes.
3. Use saliva substitutes: These can help relieve dryness in the mouth.
4. Practice good eye and mouth care: This includes gentle cleaning, avoiding rough toothbrushes or toothpastes, and avoiding prolonged use of contact lenses.
5. Avoid dry environments: Use a humidifier, or limit time spent in dry air.
6. Eat a balanced diet: Include foods high in vitamin A and omega-3 fatty acids, which can help improve tear production.
7. Manage stress: Chronic stress can exacerbate symptoms. Try relaxation techniques such as yoga, meditation, or deep breathing.
8. Visit your doctor regularly: Early diagnosis and treatment can help manage symptoms.

Sjögren’s India

Supporting people with Sjögren’s

Sjögren’s India is committed to providing support and resources to people living with Sjögren’s. We offer a range of services, including:

1. Support groups: Connect with others who understand what you’re going through.
2. Information and resources: Learn about the latest research, treatments, and coping strategies.
3. Advocacy: Work towards greater awareness and support for Sjögren’s.
4. Fundraising: Help support research and ongoing support services.

If you or someone you know is affected by Sjögren’s, contact Sjögren’s India to learn more about how we can help.
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Sjögren’s Syndrome

- Sjögren’s Syndrome affects three times more women than men.
- It affects glands that produce tears, saliva, and other body fluids.
- Symptoms can include dry eyes, dry mouth, fatigue, and pain.
- Treatment options include medications, lifestyle changes, and other therapies.

Sjögren’s Syndrome Awareness

- Sjögren’s Syndrome can affect people of all ages and genders.
- Early diagnosis and treatment can help manage symptoms.
- It is important to talk to your doctor if you experience symptoms.

Sjögren’s Syndrome in India

- There are support groups and resources available for people with Sjögren’s Syndrome in India.
- It is important to connect with others who understand the challenges of living with Sjögren’s Syndrome.