

# Sjögren's Syndrome is the 2nd most common autoimmune disease but is virtually unknown by the public



**Awareness is the key to earlier diagnosis, better care and improved quality of life.**

**HELP SPREAD THE WORD!**

**430,000 Canadians Thank You!**



Federal Registered Charitable # 81858 8956 RR0001



[www.sjogrenscanada.org](http://www.sjogrenscanada.org)

**1-888-558-0950**

# When You Look At This Picture **WHAT DO YOU SEE?**



People with Sjögren's Syndrome generally look  
**"NORMAL ON THE OUTSIDE"**  
adding to the delay in diagnosis and often not  
to be taken seriously by professionals.



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# MORE THAN DRY EYE AND DRY MOUTH

**Sjögren's Syndrome is a Systemic Disease Affecting Multiple Organs, Resulting in Reduced Quality of Life**



## Sufferers May Not Look "Sick"

- Takes an average of 5-9 years to be diagnosed
- 9 out of 10 patients are women ages 35-65, but men and children may also suffer
- Affects up to 430,000 Canadians
- 3x more than Multiple Sclerosis and Lupus
- Often the disease occurs alone or as a complication of rheumatoid arthritis, lupus, scleroderma or other connective tissue diseases



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**Currently there is no cure for Sjögren's Syndrome but early diagnosis and proper treatment can prevent serious complications and greatly ease symptoms**



**IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS FOR MORE THAN 3 MONTHS, CONTACT YOUR DOCTOR FOR TESTING:**

- **Trouble swallowing dry food**
- **Using eye drops more than twice a day**
- **Unexplained swelling like mumps**

For More Information, Contact the



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# IMAGINE CONSTANTLY STRUGGLING

- To chew, swallow or speak without sipping water
- Burning, blurry eyes
- Rampant tooth decay
- Persistent swelling of face
- Muscle aches, arthritis
- Low grade fever
- Thyroid inflammation, nerve damage
- Other incapacitating complications

**Think About Living Like This Every Day!**



**Connecting with others with similar  
challenges helps people better cope.**



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