Sjögren’s Syndrome Facts

- Sjögren’s (pronounced SHOW-grins) Syndrome is the second most common autoimmune disease that preferentially attacks and damages the salivary, tear and mucus-secreting glands, resulting in uncomfortable and often debilitating dry eye and dry mouth symptoms but it is a systemic disease affecting many organs, causing joint pain, severe fatigue and reduced quality of life.

- It can spread throughout the body swelling like mumps, organ failure, and lymphomas.

- 9 out of 10 Sjögren’s patients are women, ages 36-65 but men and children may also suffer

- It affects an estimated 430,000 Canadians, yet virtually unknown by the public.

- Takes average of 5-9 years to be diagnosed; suffers may not look sick adding to the delay in diagnosis.

- Imagine having: trouble talking without sipping water; gritty, burning eyes; increased tooth decay; persistent swelling of face; digestive problems & reflux disease; thyroid disease; or not being able to feel your hands and feet – just to mention a few of the serious symptoms Sjögren’s patients experience daily.

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

- Monies raised will benefit Sjögren’s support and educational programs, and raise much needed awareness and research dollars for Sjögren’s Syndrome.