

YOU ARE WELCOME TO JOIN



We welcome you to join the Sjögrenliitto whether you have the disease yourself, someone close to you has it, or you have some other interest in the subject.

By joining our association, you will support our activities that aim to support all those with Sjögren's syndrome, increase awareness of the disease, and improve the treatment and rights of everyone suffering from Sjögren's syndrome.

AS A MEMBER, YOU WILL GET:



- the Sjögren magazine published four times a year
- national and local member benefits
- peer support, trainings, and lectures

You can join online at www.sjogrenliitto.fi or by contacting the association's office, tel. +358 40 150 3232

SUOMEN SJÖGRENLIITTO RY



The association is national, and it aims to gather and distribute information regarding Sjögren's syndrome and to act as a support and interest organisation for those with the disease and their families.

Läntinen Pitkäkatu 33
20100 Turku

tel. +358 40 150 3232

toimisto@sjogrenliitto.fi

WWW.SJOGRENLIITTO.FI



SJÖGREN'S SYNDROME



Common polysymptomatic rheumatic disease



WWW.SJOGRENLIITTO.FI

WHAT KIND OF DISEASE IS SJÖGREN'S SYNDROME?

Sjögren's syndrome is a common, inflammatory autoimmune rheumatic disease.

The symptoms vary individually and commonly start at the age of 40–50 years, but children can also get this disease. 90 % of people with this syndrome are women.

GENERAL SYMPTOMS

- dryness of eyes, mouth, skin, and mucous membranes
- fatigue is a common symptom
- joint and muscle pain and inflammation

CHANGES AND ADVERSE EFFECTS ON INTERNAL ORGANS

- spasms in the peripheral blood vessels, fingers turning white (Raynaud's phenomenon)
- thyroid disorders
- disorders of the oesophagus, stomach, and intestines
- lung problems
- neurological symptoms
- bladder pain syndrome
- inflammation of the kidneys
- changes in lymphatic nodes
- rashes and allergies

DIAGNOSIS

Dryness symptoms typical for the disease are caused by inflammations and dysfunctions in exocrine glands.

In addition to the symptoms of dryness, immunological changes are inherent to the disease. The reasons behind the disease's outbreak are unknown.

A doctor specialised in rheumatic diseases confirms the diagnosis. Sjögren's syndrome can appear as an independent disease or in connection with another autoimmune disease.

TREATMENT

For two thirds of people with this syndrome, the symptoms are limited to the mucous membranes and symptomatic moisturising treatment is sufficient.

Dry eyes are sensitive to light, may run easily, and have a chafing sensation. Dryness of mouth makes speaking and eating difficult and increase the risk of dental caries.

One person in three of people with Sjögren's syndrome have a polysymptomatic and active disease. In this case treatment may include, among other things, cortisone, hydroxychloroquine, cytostatic agents and, in severe cases, biological antirheumatics.

PEER SUPPORT

Peer support is experience-based knowledge, and it is based on both speaking and listening in equal measures. A similar experience enables better understanding of someone else's story.

Often, it is important for those who contract this disease to hear what practical implications it has on their lives and how to overcome these difficulties.

The Sjögrenliitto organises peer support activities in many areas all over Finland and online and the association has trained support personnel.

The association also has an active, closed peer support group on Facebook, and together with their partners, they arrange supported holidays and recreational weekends for their members.

We bid you a warm welcome!

Read more about peer support:
www.sjogrenliitto.fi

