

Sjogren's Disease

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Sjogren's Disease Latest News

Researchers from Japan recently discovered a self-reinforcing loop between different immune cells that sustains autoimmune responses in patients with Sjögren's disease.

About Sjogren's Disease

- Sjögren's disease (also called Sjögren's syndrome) is a **chronic autoimmune disorder** where the **immune system mistakenly attacks** its own **moisture-producing glands**.
- It typically attacks the **glands that produce tears, saliva, and sweat**. **Other parts of the body may also be affected**.

Sjogren's Disease Cause

- The **exact cause** of Sjögren's syndrome is **unknown**, though there seems to be a **genetic influence**.
- It is thought that factors such as **viral infections, stress, and hormone changes can trigger** symptoms of Sjögren's syndrome.

- Sjogren syndrome can happen at any age. But **most people are older than 40** at the time of diagnosis.
- **Ninety percent (90%)** of adults diagnosed with Sjögren's are **women**.
- Sjogren's can **occur alone or in association with other autoimmune diseases**, most commonly **lupus and rheumatoid arthritis (RA)**.

Sjogren's Disease Symptoms

- People with Sjögren's syndrome can have:
 - **dry eyes**, which may also feel **painful, burning**, itchy, or gritty
 - a **dry mouth**, making it **difficult to swallow**, speak, or eat dry foods
 - **swelling of the glands in the face** and neck areas
- Some people with Sjögren's syndrome **also notice**:
 - **joint pain**, swelling and stiffness
 - **dry skin** or **skin rash**
 - **vaginal dryness**
 - persistent **dry cough**
 - ongoing fatigue
- **Sometimes the liver and kidneys are affected**. A few people will also **develop lymphoma** (cancer of the lymph nodes).

Sjogren's Disease Treatment

- There is **no cure** for Sjögren's syndrome.
- **Treatment** for Sjogren's disease attempts to **relieve the effects of chronic dryness of the mouth and eyes** by **increasing the lubrication and moisturization** of the affected tissues.

Source: NM

Source: <https://vajiramandravi.com/current-affairs/sjogrens-disease/>

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