



Living with Sjögren

Tips to survive

Sjögren has an important impact on the patient's quality of life, due to mainly, dryness, fatigue, pain and vital organs.

It affects a sufferer's daily life in physical, occupational, psychological and financial terms, as well as their relationship with family and friends.



WE ARE HERE TO HELP



website

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Our Location

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SJOGREN EUROPE

6 keys

For your eyes

- Use artificial tears during the day. If one brand doesn't work, try another. Try to use preservative-free drops. They may be easier on your eyes.
- Avoid medicines that are known to cause dry eyes. These include antihistamines, diuretics and some antidepressants. Talk to your doctor if you are taking any of these medications.
- Use a lubricant at night. It's thicker and lasts longer than artificial tears, so you have less burning, dryness and itching when you wake up in the morning. The ointment can blur your vision for a short time, so use it before you go to bed.
- Wear sunglasses to go outside and protect your eyes from the dust, air and fans of shopping malls.
- Avoid smoke. It irritates your eyes.
- Keep makeup away from your eyes. Or you may want to avoid eye makeup.



Social Connection

Look for positive relationships in your life. These will help you cope and reduce general stress when you have an often misunderstood illness.



Brain-Healthy Diet

Respect your meal times and maintain a healthy diet.



Staying Active

Exercise is key to battling fatigue.



Meaning & Purpose

Be your own best advocate! Learn as much you can about different treatment options and discuss with your doctor about what could work for you.



Quality Sleep/rest

Nobody knows your body better than you, and if you need to rest, take a few moments for yourself. Remember that in Sjögren, it is common to feel chronic fatigue and joint pain. Try to sleep your eight hours a day and take breaks throughout your workday.



Managing Stress

Reduce stress and anxiety, which contribute to fatigue and "brain fog"



For your mouth

- Drink water or fluids in small sips throughout the day to stay hydrated.
- Use mouthwash or spray to keep your mouth wet.
- Avoid the use of mouthwashes with alcohol and other products for your mouth that could cause irritation.
- Visit the dentist two times a year, or more if needed, to prevent and treat tooth decay.
- Use sugar-free gum or candies such as lemon drops. They increase saliva. (Sugar can increase your risk for cavities.)
- Avoid over-the-counter medicines that can cause dryness e.g. antihistamines

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