



## DR CONVERSATION STARTER

Share the full impact of Sjögren's disease with your rheumatologist.

### How it works.

1. Fill this out and jot down any additional notes or thoughts you have.
2. Bring it with you (or save it on your phone) to your next doctor's appointment.
3. Use it to help guide the conversation with your rheumatologist.

### How would you describe your symptoms?

- Dryness (in your eyes, mouth, or other parts of your body)
- Pain (joint pain, stiffness, or muscle aches)
- Fatigue (extreme tiredness or low energy)
- Other symptoms (such as brain fog, trouble sleeping, or digestive issues)  
\_\_\_\_\_
- None of the above

Sjögren's disease is a chronic, systemic autoimmune condition that can affect many different parts of your body. Some symptoms you can see and feel, while other disease activity may be harder to notice (such as organ damage).

### Have you experienced any of the following while living with Sjögren's disease?

- Anxiety
- Depression
- Other: \_\_\_\_\_
- None of the above

### Why this matters:

Sjögren's disease doesn't only affect your body. It can also have an emotional impact. Talking with your doctor about both can help.

Try asking: "How can we make sure my treatment plan addresses my physical and emotional health?"


### How does Sjögren's disease impact your everyday life?

-  Daily activities (like jogging or grocery shopping)
-  Work
-  Hobbies
-  Social life
- None of the above
- Other: \_\_\_\_\_

### At your next doctor's appointment, try asking:

- Is there anything I can do to get relief from my specific symptoms?
- Are there any less stressful activities or hobbies I can do?
- Do you have any tips for how I can talk about Sjögren's disease with people who may not understand the condition?

## What are you looking for from your treatment plan?

-  Symptom relief
  -  Improving your quality of life
  -  Simplifying your treatment
  -  Preventing your symptoms from getting worse
- Other: \_\_\_\_\_

### Why this matters:

Setting treatment goals gives you and your doctor something to work toward. They can also help you figure out how well your treatment plan is working for you.

### If you would like help achieving your treatment goals with your doctor, try asking:

- Are there any treatment options that target the underlying cause of my symptoms?
- Are there any treatment options that can help me feel better day to day?
- Are there any ways we can adjust my treatment plan to help me do more of the things I enjoy?
- Is there any way to simplify my treatment or reduce the number of medications I take to get symptom relief?
- Are there any tools or methods that could make it easier to follow my treatment plan?
- What are the signs of Sjögren's disease progression? What should I do if I notice any of them?
- How is disease progression monitored with Sjögren's disease?
- How can I track my symptoms over time? Do you have any tools or tips that can help?
- What is disease activity and how does it impact my Sjögren's disease?

## Anything else you would like to discuss at your next doctor's appointment?

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### Potential topics of conversation:

- Any changes in your symptoms or severity since your last appointment
- Going over lab results and blood work
- Nonprescription treatment options (such as therapy or acupuncture) that could help

### Notes:

Use this space to jot down any additional notes or thoughts you may have.

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