

# SJÖUT!

## SJÖGREN'S DISEASE SYMPTOM CHECKLIST

This checklist can give you a more complete picture of how Sjögren's disease is affecting your life. Take a few minutes to look through it and check off what applies to you. Bring this checklist with you to your next rheumatologist's appointment.

### DRYNESS

On a scale of 1 to 10, how would you rate your overall dryness? (1=None, 10=Severe dryness that is constant, painful, and impacts my daily life significantly)

Dryness      1      2      3      4      5      6      7      8      9      10

---

How long have you been experiencing dryness?

Less than 1 year       More than 1 year       N/A

Mark each kind of dryness you have experienced below.

Dry eyes     Dry mouth     Dry nose     Dry skin     Vaginal dryness     Other dryness     N/A

### FATIGUE

On a scale of 1 to 10, how would you rate your overall fatigue? (1=None, 10=It feels impossible to get through the day)

Fatigue      1      2      3      4      5      6      7      8      9      10

---

How long have you been experiencing fatigue?

Less than 1 year       More than 1 year       N/A

### PAIN

On a scale of 1 to 10, how would you rate your overall pain? (1=None, 10=Unbearable pain that affects me every day)

Pain      1      2      3      4      5      6      7      8      9      10

---

How long have you been experiencing pain due to Sjögren's disease?

Less than 1 year       More than 1 year       N/A

Mark each kind of pain you have experienced.

Joint pain     Muscle pain     Nerve pain     Other pain     N/A

**Below are other symptoms associated with Sjögren's disease. Mark all that apply.**

- Anxiety
  - Brain fog
  - Chronic dry cough
  - Constipation
  - Dental issues like cavities and gum disease
  - Depression
  - Diarrhea
  - Difficulty swallowing
  - Erectile dysfunction
  - Feeling faint/dizzy
  - Headaches
  - Hoarseness
  - Morning stiffness
  - Neuropathy (numbness/tingling)
  - Raynaud's phenomenon (cold hands and feet)
  - Reflux and/or heartburn
  - Skin rash
  - Sweating/heat intolerance
  - Swollen joints
  - Trouble sleeping
  - Vision changes
  - Weight loss
  - Other
- 
- 

*This is not a complete list of symptoms that people with Sjögren's disease may experience.*

## FLARES

Flares are a temporary worsening of symptoms. They can vary in how long they last, which symptoms are involved, and how severe your symptoms get.

How long do your flares typically last?

- Days     Weeks     Months     N/A

How many flares do you experience in a year? \_\_\_\_\_

How would you describe a typical flare?

---

---

### Why tracking your symptoms matters

Sjögren's disease symptoms can vary from day to day and person to person. Keeping track of all your symptoms can help you see the fuller picture of how the condition is affecting you. It can also help reveal underlying disease activity that could otherwise go unnoticed.

# NÖTES

SJÖÖT!