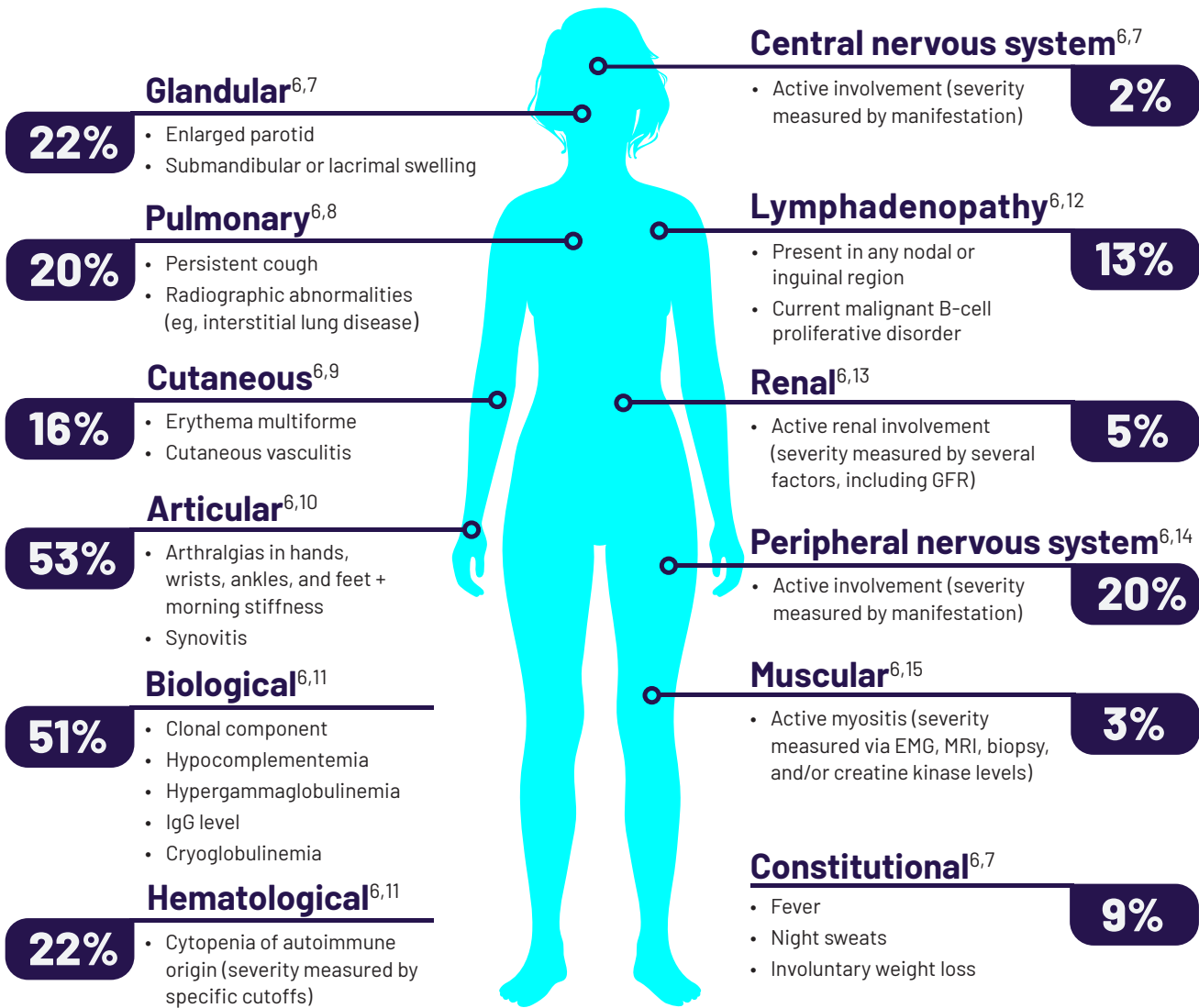


# Sjögren's disease is a serious, systemic autoimmune disease that may extend far beyond dryness<sup>1-5</sup>

Discover how EULAR Sjögren's syndrome disease activity index (ESSDAI) organizes systemic activity into measurable domains

## Prevalence of the 12 ESSDAI domains (Domains may include manifestations beyond the examples shown)



EMG, electromyography; EULAR, European Alliance of Associations for Rheumatology; GFR, glomerular filtration rate; IgG, immunoglobulin G; MRI, magnetic resonance imaging.

# Discover how ESSDAI measures systemic disease activity in SjD

Level of disease activity <sup>14</sup>	Weighted total score
Low disease activity	<5
Moderate disease activity	5-13
High disease activity	≥14

Each individual domain is divided into 3 to 4 levels of activity (no, low, moderate, or high activity), and the corresponding scores are multiplied by the domain weight (a scale of 1 to 6, depending on domain). The sum of individual domains is the ESSDAI score, with a maximum score of 123.<sup>17</sup>

**Domain weights<sup>6,17,\*</sup>:**

Less impact on disease activity score **1 2 3 4 5 6** More impact on disease activity score

<p><b>1 Biological</b> Activity level: No = 0, Low = 1, Moderate = 2</p> <p><b>2 Hematological</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p> <p><b>2 Articular</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p> <p><b>2 Glandular</b> Activity level: No = 0, Low = 1, Moderate = 2</p> <p><b>3 Constitutional</b> Activity level: No = 0, Low = 1, Moderate = 2</p> <p><b>3 Cutaneous</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p>	<p><b>4 Lymphadenopathy</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p> <p><b>5 Peripheral nervous system</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p> <p><b>5 Renal</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p> <p><b>5 Pulmonary</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p> <p><b>5 Central nervous system</b> Activity level: No = 0, Moderate = 2, High = 3</p> <p><b>6 Muscular</b> Activity level: No = 0, Low = 1, Moderate = 2, High = 3</p>
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# Patients showing minimal symptoms may already have moderate disease activity



**Martha**  
45 years old

Not a real patient.

**sicca**

Severe eye and mild mouth dryness;  
moderate vaginal dryness



**Swollen salivary glands**  
Activity level:  
Low = 1

Swollen parotid glands (1.5 cm x 2 cm diameter)



**Cytopenia**  
Activity level:  
Moderate = 2

ANC 920 cells/mm<sup>3</sup> (normal: ≥1500 cells/mm<sup>3</sup>)

To calculate Martha's score, follow the formula:

**Domain weight x activity level = domain score<sup>15</sup>**

The sum of the individual domain scores makes up the ESSDAI score.<sup>15</sup>

**2 x 1 = 2** + **2 x 2 = 4** =

weight activity level domain score + weight activity level domain score

**ESSDAI score 6**  
(moderate disease activity)

SjD, Sjögren's disease.

\*ESSDAI domain weights reflect how much each organ system contributes to overall disease activity.<sup>15</sup>

ANC, absolute neutrophil count.

# Incorporate ESSDAI-based questions and lab assessments to uncover your patients' level of disease activity



## Biological domain<sup>6</sup>

- Key biomarkers for assessing SjD disease activity include: cryoglobulin, gammaglobulin, complement C3/C4, and total IgG levels



## Hematological domain<sup>6</sup>

- Screen for low blood cell count (eg, neutropenia, anemia, thrombocytopenia, and lymphopenia) of autoimmune origin to detect potential systemic involvement



## Articular domain<sup>6</sup>

- Have you had pain in your hands, wrists, ankles, and feet in the past 4 weeks?
- Have you noticed any stiffness in the morning lasting for at least 30 minutes?



## Glandular domain<sup>6</sup>

- Have you noticed any swelling in your face or neck?



## Constitutional domain<sup>6</sup>

- Have you experienced fever or night sweats in the past 4 weeks?



## Cutaneous domain<sup>6</sup>

- Have you noticed any skin rashes or lesions?
- Have you experienced any changes in skin color or texture?



## Lymphadenopathy domain<sup>6</sup>

- Have you noticed any swollen lymph nodes?



## Peripheral nervous system domain<sup>6</sup>

- Have you experienced any numbness, tingling, or burning sensations in your extremities?



## Renal domain<sup>6</sup>

- Have you noticed any changes in your urine color or volume?
- Have you experienced any swelling in your legs or feet?



## Pulmonary domain<sup>6</sup>

- Have you been experiencing shortness of breath or a persistent cough?



## Central nervous system domain<sup>6</sup>

- Have you experienced any headaches, dizziness, or confusion?
- Have you been experiencing any brain fog or difficulty with conversation?



## Muscular domain<sup>6</sup>

- Have you experienced any muscle pain or weakness?

Each domain requires a thorough evaluation of Sjögren's disease-related signs and symptoms, guided by detailed definitions to determine the level of disease activity. In some cases, laboratory or imaging assessments may also be necessary to accurately assign an ESSDAI score.

C3, complement component 3; C4, complement component 4.

Visit [SjogrensSjoutsHCP.com](https://www.sjogrens-sjouts.com) to test your knowledge and learn about disease activity levels through more patient cases



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