



◀ What Is Sjögren's?
Life Impact ▶

◀ Sjögren's Causes
Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters
Stay Connected ▶



SJÖGREN'S IS SJÖÜTING

START CONNECTING YOUR SYMPTOMS

I CAN'T THINK STRAIGHT
BRAIN FOG
FATIGUE
IT CAN AFFECT
YOUR ENTIRE BODY
JOINT PAIN
DRYNESS
NIGHT SWEATS
ITCHY SKIN



Patient portrayal.



SCAN OR CLICK TO VISIT SJÖÜT FOR SJÖGREN'S
Visit sjoutforsjogrens.com



 NOVARTIS



◀ What Is Sjögren's?
Life Impact ▶

◀ Sjögren's Causes
Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters
Stay Connected ▶



WHAT IS SJÖGREN'S DISEASE?

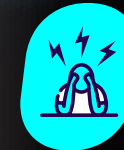
Sjögren's (SHOW-grins) is a serious autoimmune disease affecting your body's immune system. Some people have mild symptoms or more severe symptoms at different times. Many people feel dryness—in their eyes, mouth, or other parts of their body. In fact, dryness is one of the top reasons people go to see their doctors.

More than dryness, Sjögren's can create many seemingly unrelated symptoms throughout your body.

WHAT IT'S LIKE TO

LIVE WITH SJÖGREN'S

Living with Sjögren's disease can make everyday life difficult. This can make it hard to eat, work, or spend time with family and friends.



81% of people said that Sjögren's causes a **major emotional burden**, according to a patient-reported survey



About 50% of people in a different patient survey said that Sjögren's affects their **sex life, social life, or ability to work**



The average age of diagnosis is **45 to 55** years old, but symptoms may show up at any age, **even in childhood**

THE BURDEN IS REAL



AS MANY AS
4M
Americans are estimated to have Sjögren's



9 OUT OF 10
people living with Sjögren's are women



UP TO 3 YEARS
is how long it can take on average to receive a diagnosis



NO FDA-APPROVED TREATMENT
currently exists that targets the cause of Sjögren's disease



Weird things were happening to my body, and I just didn't know what to do.

— Paula, 36, person living with Sjögren's





◀ What Is Sjögren's? Life Impact ▶

◀ Sjögren's Causes Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters Stay Connected ▶



WHAT CAUSES SJÖGREN'S

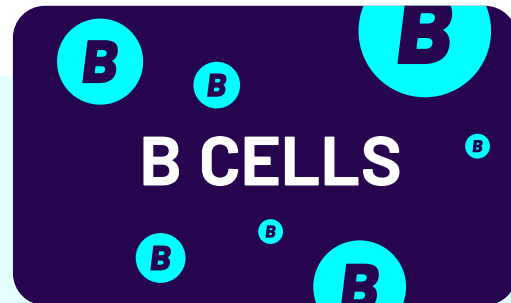
Sjögren's happens when the immune system becomes overactive and starts to act in ways it shouldn't following a trigger from the environment, such as a virus. People with Sjögren's produce overactive white blood cells called **B cells**. The immune system can also release **something called BAFF (B-cell activating factor)**.

B cells and BAFF aren't the same thing. B cells are like workers, and BAFF is a natural signal that helps B cells survive. Having both B cells and BAFF is normal. In Sjögren's disease, too much BAFF in your system sends too many survival signals, and B cells that should normally die off stick around longer. Some of these B cells can mistakenly attack your body, which can cause inflammation, and over time, **this inflammation may impact or harm different organs**.



B-CELL ACTIVATING FACTOR (BAFF)

Normally, BAFF activates and supports the survival of B cells, a type of white blood cell that typically fights off infections or foreign bodies.



OVERACTIVE B CELLS

In Sjögren's, your level of BAFF is higher than normal. This can lead to overactive B cells.



TOO MUCH INFLAMMATION

Overactive B cells can mistakenly attack the body, triggering inflammation. This may first affect salivary and tear glands, but later may cause symptoms all over your body.

COMMON SYMPTOMS

Symptoms aren't the same for everyone. It's important to talk about your symptoms—especially with a rheumatologist, who understands the full picture—and follow your doctor's advice.

DRYNESS



Dry or Itchy Eyes



Dry Mouth, Mouth Sores, or Thickened Spit



Dry Skin



Dry Nose and Frequent Nose Bleeds



Dry Throat (including trouble swallowing and frequent coughing)



Vaginal Dryness

OTHER SYMPTOMS



Muscle and/or Joint Pain



Fatigue



Brain Fog



Trouble Sleeping



Anxiety



Depression

Symptoms, such as the ones above, are only part of the picture. Sjögren's can also impact different parts of the body in ways you may not always notice. Doctors call all of this disease activity.



Patient portrayal.



SCAN OR CLICK AND WATCH HOW SJÖGREN'S WORKS IN YOUR BODY

Visit sjoutforsjogrens.com





◀ What Is Sjögren's? Life Impact ▶

◀ Sjögren's Causes Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters Stay Connected ▶



HOW SJÖGREN'S CAN SHOW UP IN YOUR BODY



Swollen glands



Lung problems



Skin rashes, spots



Joint pain, swelling, stiffness



Unusual blood cell levels



Other unusual lab results



Disease activity measures how much Sjögren's affects you. It includes both symptoms you can see and feel, and hidden effects, like effects that can involve your organs.

Doctors use lab tests, your health history, and what you tell them about your symptoms to check if your condition is progressing. This way, your treatment can be personalized for you.

Patient portrayal.

Brain fog, memory, thinking



Swollen lymph nodes in your neck, armpits, groin



Unusual kidney function



Numbness, tingling, burning in hands or feet



Muscle weakness, pain



Fevers, night sweats, unexplained weight loss



USE YOUR VOICE

ö

SPEAK UP ABOUT SYMPTOMS

Talking to your rheumatologist can make a difference because Sjögren's is something you live with throughout your lifetime. Waiting too long could make your symptoms worse, so it's important to use your voice.



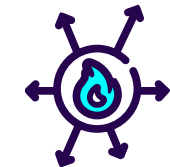
STAY ON TOP OF IT

Seeing your rheumatologist regularly can help you catch new or changing symptoms early—and make a plan together to protect your health.



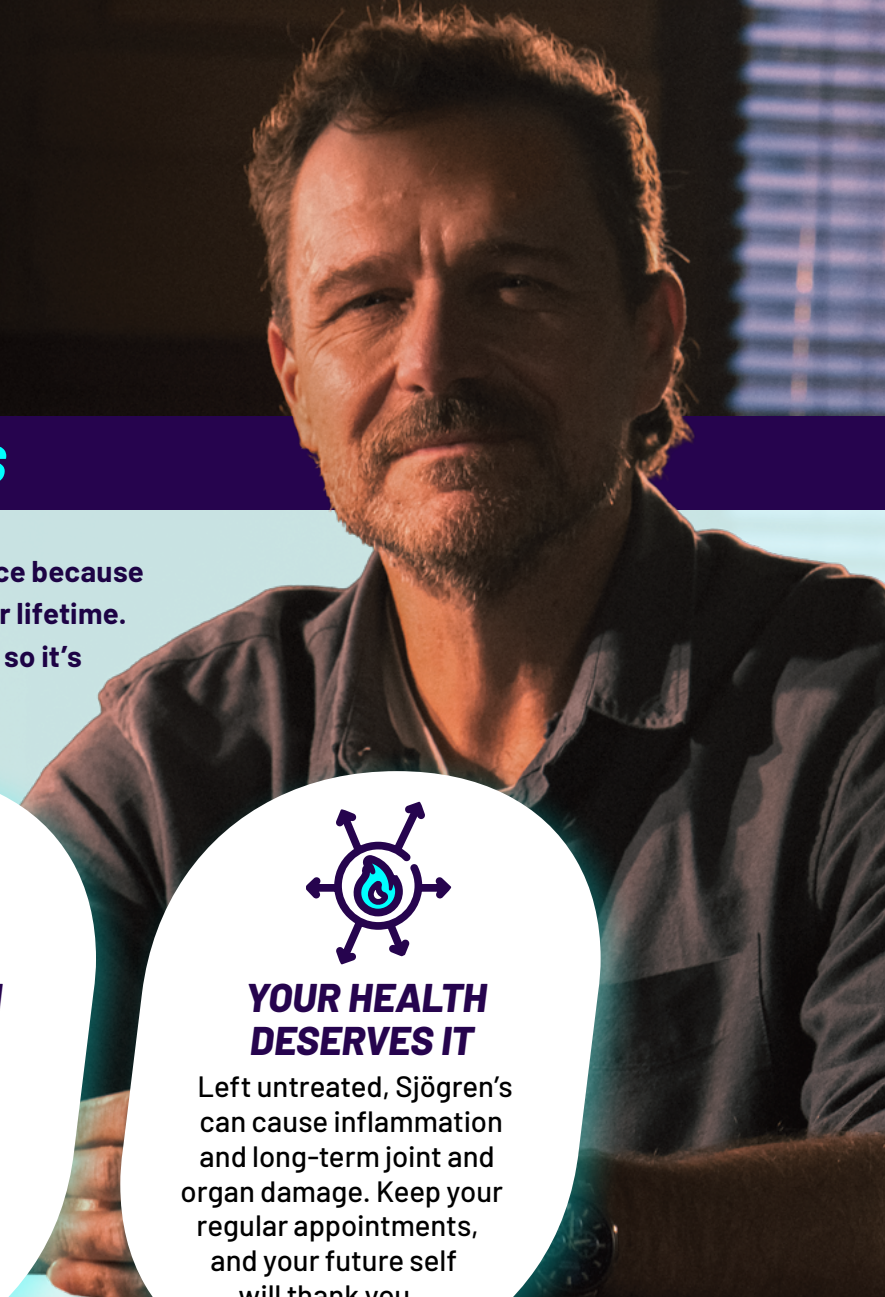
SYMPTOMS CAN BE INVISIBLE

Some symptoms, such as fatigue or brain fog, can be hard to see. Tell your rheumatologist how you're feeling, even if your symptoms seem unrelated.



YOUR HEALTH DESERVES IT

Left untreated, Sjögren's can cause inflammation and long-term joint and organ damage. Keep your regular appointments, and your future self will thank you.



Patient portrayal.

These signs and symptoms of Sjögren's are less common and affect up to 40% of patients.



◀ What Is Sjögren's?
Life Impact ▶

◀ Sjögren's Causes
Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters
Stay Connected ▶



MANAGING YOUR SYMPTOMS

TALK TO YOUR DOCTOR ABOUT PRESCRIPTIONS AND OVER-THE-COUNTER OPTIONS



EYE DROPS

Help soothe dry eyes.



MOUTHWASH

Certain mouthwashes can help relieve dry mouth.



NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDs)

NSAIDs such as ibuprofen help relieve joint pain and other pain-related symptoms.



PRESCRIPTION MEDICATIONS

Your doctor may prescribe medications to help with your Sjögren's symptoms.

People are hopeful, but...

STILL WAITING FOR A TREATMENT



YET THERE'S GOOD NEWS ON THE HORIZON

It can be frustrating when you've gone years without relief. But it's good to know that promising research is underway for potential new FDA-approved treatments.



Sjögren's disease was something that changed me a lot.

— Paula, 36, person living with Sjögren's



Patient portrayal.



◀ What Is Sjögren's? Life Impact ▶

◀ Sjögren's Causes Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters Stay Connected ▶



LET'S MOVE THE CONVERSATION FORWARD

It's not easy talking about how you're feeling. No one truly knows what you're going through except you.



YOU DESERVE TO BE HEARD

Sharing your symptoms with your rheumatologist and explaining how Sjögren's impacts your life takes practice, but it's the key to **getting the help you need.**



SPEAKING TO THE RIGHT DOCTOR MATTERS

Sjögren's is complicated. An ophthalmologist can help with dry eyes, and a dentist can help with dry mouth. But **a rheumatologist can help you with all your Sjögren's symptoms.**



BRING YOUR SYMPTOMS AND QUESTIONS

Tell your rheumatologist everything, even about symptoms that don't seem connected. Use the link below to create a quick checklist and conversation guide and **bring them to your next appointment.**



PRACTICE MAKES PERFECT

You may feel tired, have joint pain, or experience dryness. Make sure to tell your rheumatologist everything—**even about symptoms that don't seem connected.**

NOTES

Jot down your symptoms and feelings below.

Handwritten notes area with horizontal lines for writing.



SCAN OR CLICK TO CREATE A PERSONALIZED DOCTOR CONVERSATION STARTER

Visit sjoutforsjogrens.com



If you have any Sjögren's disease symptoms, do talk to your doctor, do try to find someone who can help.

—Susan, 54, person living with Sjögren's



Patient portrayals.



◀ [What Is Sjögren's?
Life Impact](#) ▶

◀ [Sjögren's Causes
Symptoms](#) ▶

[Disease Activity](#)

[Managing Sjögren's](#)

[Let's Talk](#)

[Helpful Terms](#)

◀ [Your Story Matters
Stay Connected](#) ▶



HELPFUL TERMS

KEY WORDS TO KNOW WHEN TALKING WITH YOUR DOCTOR

For a complete list of helpful terms, visit sjoutforsjogrens.com

A

artificial tears → Eye drops used to relieve dryness and irritation.

autoimmune disease → A condition in which the immune system mistakenly attacks the body's own tissues.

B

B cells → A type of white blood cell involved in the immune response that is overactive in Sjögren's disease.

BAFF (B-cell activating factor) → A protein that promotes the survival and activity of B cells and is thought to play a role in the development of Sjögren's disease.

biologic therapy → A treatment made from living organisms that targets specific parts of the immune system, sometimes used in autoimmune diseases.

brain fog → Cognitive impairment that can include memory lapses, difficulty concentrating, and confusion.

C

chronic → Describes a condition that lasts a long time or consistently recurs.

D

disease activity → How much a disease is affecting you. It looks at the symptoms you can see and feel, along with the underlying impact you may not notice (such as changes in your lab results). Understanding disease activity can help you better manage your Sjögren's disease.

dry mouth (xerostomia) → A common symptom of Sjögren's disease due to reduced saliva production, which can affect speaking, eating, and dental health.

E

extraglandular symptoms → Symptoms that affect other parts of the body beyond the glands, such as joints, lungs, kidneys, and nerves.

F

fatigue → A persistent and profound tiredness that can affect quality of life and your ability to do things.

flares → Periods of time when symptoms worsen significantly that can last days or even months.

G

glandular symptoms → Symptoms related to the dysfunction of tear and salivary glands, such as dry eyes and dry mouth.

H

heterogeneous disease → A disease that affects everyone differently.

I

immune system → The body's defense network made up of cells, tissues, and organs that protects against infection and disease.

inflammation → A protective response by the immune system to injury, infection, or harmful triggers. In Sjögren's disease, inflammation becomes chronic and misdirected. The immune system mistakenly attacks healthy tissues, such as the tear and saliva glands and other organs, which can cause inflammation. It can lead to symptoms such as dryness, pain, swelling, and fatigue, and can affect multiple parts of the body over time.

O

over the counter (OTC) → Medications you can buy without a prescription (like artificial tears or oral lozenges).

P

progression → Developing new symptoms or your existing ones getting worse over time.

R

rheumatologist → A doctor or other health care provider, such as a nurse practitioner, who specializes in diagnosing and treating autoimmune and inflammatory diseases, such as Sjögren's disease.

S

salivary glands → Glands that produce saliva; often affected by the immune system in Sjögren's disease.

sicca → A medical term used to describe dryness, especially of the eyes and mouth.

Sjögren's disease → A chronic, systemic autoimmune disease that can affect many different parts of your body, including your glands and organs.

SJÖUT (SHOUT) → Share your story about how Sjögren's disease is more than just dryness. It can help others understand the full story, connect the dots of their symptoms, and find their voice.

systemic → A term used to describe a condition that affects the entire body, instead of just 1 part or organ.



◀ What Is Sjögren's?
Life Impact ▶

◀ Sjögren's Causes
Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters
Stay Connected ▶



YOUR STORY MATTERS

Sjögren's is complicated. That's why we encourage people to **SJÖUT** about it, be heard, and help others see the fuller picture.



YOU CAN MAKE A DIFFERENCE

Stories connect us. Sharing your Sjögren's story can make a meaningful impact to someone else going through a similar experience.



HELP OTHERS CONNECT THE DOTS

Your voice matters. If you are comfortable sharing your story, it could make a big difference to someone else with Sjögren's.



SJÖUT FOR YOURSELF AND OTHERS

Supporting others is an act of service. While everyone has a unique experience, you could help someone else feel less alone.

STAY CONNECTED

Whether you want to understand more about Sjögren's disease or help others better understand what it's like living with it, the **SJÖUT STRONG** program helps you turn your experience into strength.

Don't just manage your disease.
MAKE SENSE OF IT.

📄 GET ACCESS TO:

MEANINGFUL INFO
to help you understand Sjögren's short- and long-term impact.

GUIDES TO HELP YOU
talk about your Sjögren's disease with anyone—including your rheumatologist.

AN EXCLUSIVE SYMPTOM JOURNAL
that helps you track symptoms, triggers, and flare-ups, so you can identify changes in your disease.

SJÖUT STRONG
JOIN TODAY

Info packed.
Community backed.

Patient portrayal.



SCAN OR CLICK TO SHARE YOUR STORY

Join a community that knows Sjögren's is a lot more than dryness.
Visit sjoutforsjogrens.com



SCAN OR CLICK TO SIGN UP FOR SJÖUT STRONG

Find resources, updates, and connection
Visit sjoutforsjogrens.com





◀ What Is Sjögren's?
Life Impact ▶

◀ Sjögren's Causes
Symptoms ▶

Disease Activity

Managing Sjögren's

Let's Talk

Helpful Terms

◀ Your Story Matters
Stay Connected ▶



SJÖUT STRONG

SEE THE FULLER PICTURE OF

SJÖGREN'S DISEASE



SCAN OR CLICK TO SIGN UP FOR SJÖUT STRONG
Info packed. Community backed. | Visit sjoutforsjogrens.com



 **NOVARTIS**

Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080