

If you think you may have Sjögren's Syndrome, it's best to see your doctor for proper diagnosis. Sjögren's disease can lead to complications, so early diagnosis and proper treatment are crucial. Sjögren's disease may be difficult to recognize, so make sure your doctor is familiar with the condition. Also, don't forget to point out any and all symptoms, as well as any medications you may be taking.

Diagnosis

How can you be sure that my symptoms are due to Sjögren's Syndrome and not some other disorder?

Do all symptoms have to occur at the same time for it to be considered Sjögren's Syndrome?

What types of diagnostic tests will I need to undergo to confirm the diagnosis?

How should I expect my symptoms to progress over time?

Support

Do I need to see a specialist (or specialists) about Sjögren's Syndrome?

If so, do you have any recommendations?

How often should I follow-up with you or my physician?

Are there any local support groups for Sjögren's Syndrome?

Treatment

What types of treatments do you recommend for dry eye?

Are there any particular types of artificial tears you'd recommend for dry eye?

What are the side effects to the most common treatment options?

Are there any promising new and effective treatments on the horizon?

Are there any lifestyle changes I can make to better control my symptoms?