

# Sjögren syndrome

- Grittiness of eyes + dry mouth due to lymphocytic infiltration of salivary and lacrimal glands → Glandular fibrosis + exocrine failure
- F > M, 40-50yrs
- Primary / secondary

## Clinical Features

- Eye symptoms (AKA Keratoconjunctivitis sicca)
- Conjunctivitis, blepharitis → Filamentary keratitis
- Dry mouth
- ↑ dental caries, gingivitis, periodontitis
- Lymphadenopathy
- Fatigue
- Inflammatory small joint osteoarthritis
- Sialadenitis, osteoarthritis, xerostomia (SOX) syndrome
- Interstitial lung disease, interstitial nephritis
- 40x ↑ in lymphoma risk

## Investigation

- Diagnosis by Schirmer test. Normal >5mm.
- Corneal staining with rose bengal show punctate epithelial abnormalities
- Demonstration of focal lymphocytic infiltrate in a minor salivary gland biopsy
- ↑ ESR
- Hypergammaglobulinemia
- ANA, RF. ANA -ve Sjögren does not exist
- CXR, CT lung, PFT
- Routine blood + urine tests
- Lymph node biopsy for lymphoma

## Management

- Lacrimal substitutes
- Soft contact lenses
- Saliva spray, stimulating tablets, oral gels, pastes
- Chewing gum
- Post prandial oral hygiene
- Vaginal dryness treated with lubricants
- If early, trial pilocarpine
- HCO 200mg BD used but not convincing results

@tribincol