

## WHAT IS SJÖGREN'S SYNDROME?

**Sjögren's syndrome**, also known as "Mikulicz disease" or "Sicca syndrome", is a systemic autoimmune disease in which immune cells attack and destroy the exocrine glands that produce tears and saliva. Nine out of ten Sjögren's patients are women and the average age of onset is late 40s, although Sjögren's can occur in all age groups in both men and women.



Symptoms vary from person to person but may include:

- a dry, gritty or burning sensation in the eyes or throat
- dry mouth, difficulty talking, chewing or swallowing
- a sore or cracked tongue
- dry or peeling lips
- a change in taste or smell
- increased dental decay
- joint pain
- vaginal and skin dryness
- digestive problems
- dry nose
- fatigue

Currently, there is no cure for **Sjögren's syndrome**. However, many symptoms and problems of this syndrome can be treated with over-the-counter products. These products, like all of the **Xerostom** line, can help to alleviate different types of dryness and pain. **Xerostom with Saliactive** active ingredients has been shown to: increases salivary flow up to 200% improving wellbeing, helps recover the natural salivary defences and protects enamel and dentine from demineralisation and erosion.