

Welcome to the: Orthopaedic Opinion Online Website

The website for the answer to all your Orthopaedic Questions

- **Orthopaedic Opinion Online** is a website designed to provide information to patients who have orthopaedic and musculoskeletal problems and are undergoing treatment.
- **Patient information** is provided in the form of downloadable information sheets.
- **Orthopaedic advice** and second opinions can be provided by our expert internationally renowned Consultant Orthopaedic Surgeons.
- **Online review** of patients' X rays or MRI scans can also be provided and any proposed treatment plans reviewed.
- **Book a clinical consultation** with one of our internationally renowned consultant orthopaedic surgeons in Bristol or London.
- **Orthopaedic reports** can be provided for Injury or Accident Claims and Medical Negligence claims.

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Sjögren's Syndrome

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Sjögren's Syndrome

Sjögren's syndrome is named after Henrik Sjögren (pronounced 'Shurgren'), the Swedish ophthalmologist who first described it in 1933. It is an autoimmune disorder, meaning that the body's immune system, which usually fights infections, attacks the body's own tissues. The most common symptoms of Sjögren's syndrome are dry eyes or a dry mouth (sometimes both together), and feeling very tired and aching.

Although there is no cure for this syndrome, most people can be treated quite easily. A few do have other, more serious symptoms. These can also be treated and are also described in this booklet.

There are two types of Sjögren's syndrome. Secondary Sjögren's syndrome occurs with another rheumatic disease such as rheumatoid arthritis. Primary Sjögren's syndrome is not associated with any underlying rheumatic disease.

Is Sjögren's syndrome the same as sicca syndrome?

No. 'Sicca' simply means dryness. Sicca syndrome describes problems of dry eyes and a dry mouth which are not caused by an autoimmune disorder

Who gets Sjögren's syndrome?

It occurs mostly in women between the ages of 40 and 60. It is much less common in men (1 in 10 of those with Sjögren's syndrome are men), and occurs only rarely in childhood. It affects all races.

What are the main symptoms?

The two most common complaints are:

- dry eyes and/or a dry mouth
- feeling very tired and aching

Many people do not have any other symptoms.

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