What Type of Doctor is Able to Diagnose Sjögren's Syndrome?

- Rheumatologist
- Primary care physician/internist
- Ophthalmologist (eye specialist)
- Otolaryngologist (ear, nose, and throat)
- Dentist (oral care specialist)
- Neurologist (nerve and brain specialist)
- Allergist (allergic disease specialist)
- Oncologist (cancer specialist)

How Do Doctors Diagnose Sjögren's Syndrome?

- Doctors use a few ways to diagnose Sjögren's Syndrome:
 - o Medical history
 - o Physical exam
 - o Certain eye and mouth tests
 - o Blood tests.
- Doctors may also use:
 - o A urine test
 - o A chest x-ray.

How Sjögren's Syndrome is Treated

Treatment differs for each person. It depends of what parts of your body are affected. Your doctor will help you find ways to get rid of your symptoms.

Treatment may include:

- Medicines for joint or muscle pain (such as aspirin and ibuprofen)
- Medicines that help you make more saliva (spit)
- Medicines that suppress inflammation (such as corticosterioids)
- Medicines that suppress the immune system

Treatment for dry eyes may include:

- Artificial tears
- Eye ointments
- Medicines to reduce the inflammation in the eye
- A chemical that wets the surface of the eye and keeps the natural tears from drying out so fast
- Surgery to shut tear ducts that drain tears from eyes

Treatment for dry mouth may include:

- Chewing sugar-free gum or sucking on sugar-free hard candy helps your glands make more saliva
- Sipping water or a sugar-free drink often to wet your mouth

- Using oil or petroleum-based lip balm or lipstick to help dry, cracked lips feel better
- Using a saliva substitute prescribed by a doctor to make your mouth feel wet
- Using medicine to help your mouth make more saliva