
Sjögren's Syndrome

Sjögren's Syndrome

- Chronic, slowly progressive autoimmune disease
- Characterised by lymphocytic infiltration of exocrine glands
- Resulting in Xerostomia & Dry Eyes
- Disease of middle age females (F:M=9:1)
- Primary/Secondary Sjögren's Syndrome

Sjögren's Syndrome

■ Pathogenesis:

- Lymphocytic infiltrate of exocrine glands
- B-lymphocyte hyperreactivity (Auto-Ab.)
 - Anti-Ro/Anti SS-A
 - Anti-La/Anti SS-B
- HLA-B8, -DR3 association

Sjögren's Syndrome

■ Clinical Manifestations:

- Symptoms → burning sensation in mouth
 - difficulty in swallowing dry food
 - inability to speak continuously
 - dryness/gritty sensation in eye

Sjögren's Syndrome

Other systemic/extraglandular manifestations

- Fever
- Arthritis
- Raynaud's, Purpura, Urticaria, Skin ulceration
- Interstitial nephritis--RTA-Nephrocalcinosis
- FND, ATM, GTCS
- Lymphoma (Extranodal, Marginal Zone B-cell, and Low grade lymphomas)

Sjögren's Syndrome

- Signs → dry, sticky, erythematous oral mucosa
 - atrophy of filiform papillae of tongue
 - enlargement of major salivary glands

Sjögren's Syndrome

■ Differential diagnosis

I. Based on individual symptoms (initial stages)

A) Xerostomia: -viral infections (URI)

-Drugs- Psychotherapeutic,
Anticholinergic

-Psychogenic

-DM

-Radiation therapy

Sjögren's Syndrome

B) Dry Eyes: - Inflammation

e.g. Chr. Conjunctivitis

Chr. Blepharitis

Pemphigoid

- Lid Abnormalities (Scarring,
lid retraction, non-closure)

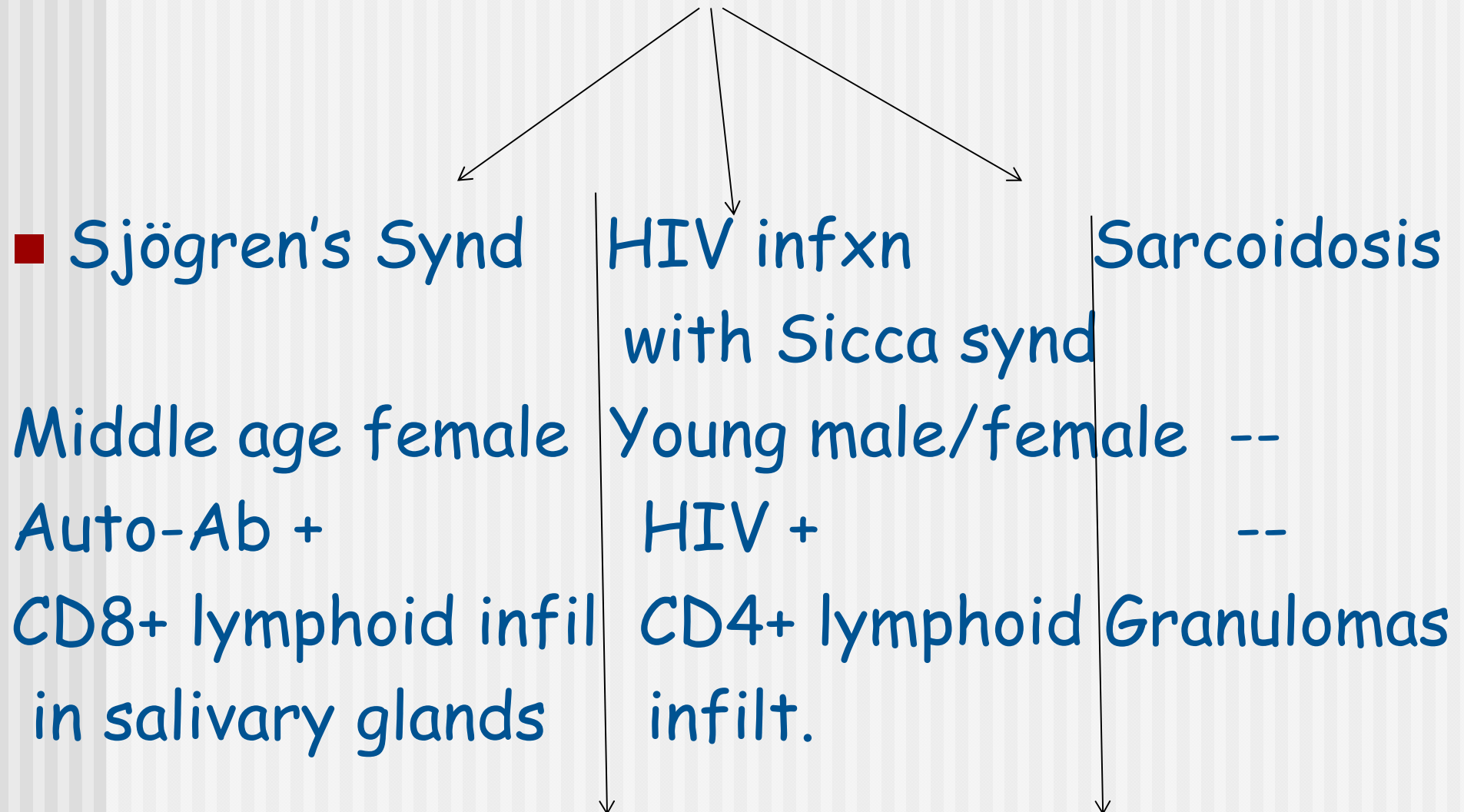
- Misc. (Vit A def., trauma,
Anesthetic cornea)

Sjögren's Syndrome

C) Parotid enlargement:

- i) Viral infections- Mumps, EBV, CMV, HIV
- ii) Metabolic - Alcoholism, CLD, DM,
Acromegaly, Chr. Pancreatitis
- iii) Autoimmune - Sarcoidosis, Amyloidosis

Sjögren's Syndrome: Syndromic D/ds



Sjögren's Syndrome

■ Diagnostic criteria:

1. Ocular symptoms:

- daily, persistent dry eyes > 3 mths
- Recurrent sensation of sand/gravel in eyes
- Frequent use of tear substitutes > thrice/d

2. Oral symptoms:

- daily, dry mouth > 3 mths
- Recurrent swollen salivary glands
- Frequent use of liquids to swallow dry foods

Sjögren's Syndrome

■ Diagnostic criteria:

3. Ocular signs:

- Shirmer's I test (without anesthesia): + if $\leq$ 5 mm in 5 min
- Rose Bengal Score $\geq$ 4

4. Histopathology of minor salivary glands

5. Serology

6. Salivary gland involv. By

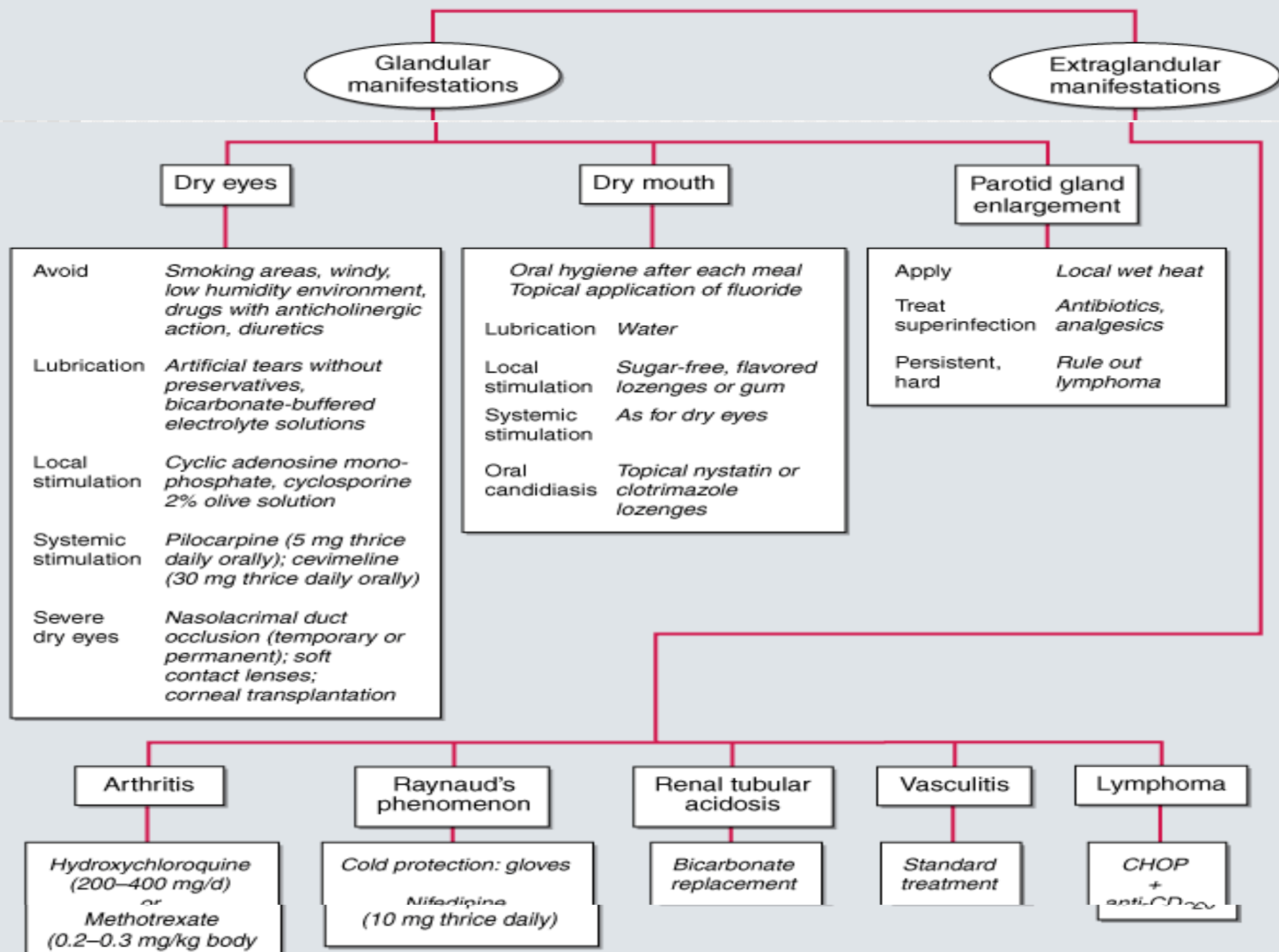
- Unstimulated whole salivary flow
- Parotid sialography or scintigraphy

Sjögren's Syndrome

■ Diagnostic criteria:

- Pr. Sjögren's Synd → 4/6 (with + Histo/Sero)
- Sec. Sjögren's Synd → 3/6 (with one from oral or ocular symptoms and none from serology)
(In asso with another well-defined CTD)

TREATMENT ALGORITHM FOR SJÖGREN'S SYNDROME



SORRY FOR THE
"DRY" LECTURE BUT....

THAT'S WHAT
SJÖGREN'S SYNDROME
IS.

ANY QUESTIONS ??



