

Sjogren's Syndrome and Lupus

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ABOUT THE STUDY

Sjogren's syndrome is an immune system disorder characterized by dry eyes and a dry mouth. Rheumatoid arthritis and lupus are two immune system diseases that are frequently linked to the syndrome. In Sjogren's syndrome, the mucous membranes and moisture-secreting glands of the eyes and mouth are typically affected first, resulting in decreased tears and saliva.

Sjogren's syndrome can affect persons of any age; however the majority of those who are affected are over the age of 40. Women are much more likely than men to get the condition.

Symptoms

Sjogren's syndrome has two primary symptoms:

- Dryness of the eyes. It's possible that your eyes will burn, itch, or feel gritty.
- Your mouth is dry, making swallowing and speaking difficult.
- Patients with Sjogren's syndrome may also experience one or more of the following symptoms.
- Joint swollenness, pain, and stiffness.
- Rashes on the skin or dry skin
- Vaginal canal dryness.
- Long-term tiredness.
- Persistent and dry coughing.

Causes

In Sjogren's syndrome, immune system first targets the glands that make tears and saliva. But it can also damage other parts of the body, such as:

- Joints
- Thyroid
- Kidneys
- Liver
- Lungs
- Skin
- Nerves

Risk factors

People who have one or more identified risk factors, such as age, are more likely to develop Sjogren's syndrome. Sjogren's syndrome is more commonly diagnosed in those over the age of 40. Rheumatoid arthritis is a rheumatic condition. Sjogren's syndrome is usually linked to rheumatic diseases including rheumatoid arthritis and lupus.

Complications

Sjogren's syndrome is most commonly manifested in the eyes and mouth. Cavities in the teeth are more likely to develop if mouth is dry, because saliva shields teeth from the microorganisms that cause cavities. Yeast infections are infections caused by yeast. Sjogren's illness patients are more likely to get oral thrush, like a yeast infection in the mouth.

Having eyesight problems, dry eyes can cause light sensitivity, blurred vision, and corneal damage. Lungs, kidneys, and the liver are a few of the less common issues. Inflammation can lead to pneumonia, bronchitis, and other lung problems, as well as renal problems and hepatitis or cirrhosis in the liver. Lymphatic nodes are nodes in the lymphatic system. Lymphoma malignancy develops in a small percentage of Sjogren's syndrome individuals (lymphoma). Nerves possible adverse effects include numbness, tingling, and burning in the hands and feet (peripheral neuropathy).

DIAGNOSIS

Sjogren's syndrome symptoms and signs vary from person to person and might be severe with those of other conditions, and difficulty in diagnosis. The side effects of a range of medicines might resemble some of the signs and symptoms of Sjogren's syndrome.

Other conditions can be detected by using tests, which can assist narrow down a Sjogren's syndrome diagnosis.

Blood tests

Doctor may prescribe blood tests to check for:

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The amounts of different types of blood cells
Antibodies are a common symptom of Sjogren's syndrome
Symptoms and indicators of inflammation
Signs that liver and kidneys are malfunctioning

A slit lamp may be used to inspect the surface of eyes by an ophthalmologist, a specialist who specializes in the treatment of eye problems. He or she may place drops in your eye to make it easier for him or her to see damage to cornea.

Eye tests

Doctor can perform a Schirmer tear test to detect how dry your eyes are. A little piece of filter paper is put behind lower eyelid to measure tear production.