



The Sjögren's Book

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The Sjögren's Book From imusti

Afflicting one in seventy Americans, Sjögren's syndrome is an autoimmune disease that commonly causes dryness of the eyes, mouth, and nose, and that can lead to complications including profound fatigue, depression, and lymphoma. While there is no cure for Sjögren's, much can be done to alleviate the suffering of patients. This extensively revised handbook offers everything you need to know to cope with this disease.

The Sjögren's Book, Fourth Edition is a comprehensive and authoritative guide, produced by the Sjögren's Syndrome Foundation and its medical advisors and edited by physician Daniel J. Wallace, a leading authority on autoimmune disorders. This expanded edition provides readers with the best medical and practical information on this disorder, bringing together the current thinking about Sjögren's in an easily readable and understandable book, with an entirely new section on lifestyle issues aimed at improving the quality of life for Sjögren's sufferers. With more than thirty chapters written by leading experts, the handbook illuminates the major clinical aspects of the syndrome and is loaded with practical tips and advice. Indeed, it offers a wide-ranging look at the many faces of Sjögren's, covering diagnosis, the various organ systems that can be affected, the possible psychological problems, and the many treatment options, as well as a concluding chapter listing the web, print, and media resources available. It is a valuable aid that patients can use while discussing their illness with their physician and an excellent resource for family members. And because Sjögren's is greatly underdiagnosed, this handbook is a particularly valuable resource for healthcare professionals.

Recognized as the bible for Sjögren's sufferers, this reliable and informative guide is the first place for patients to look when they have questions about this little known but serious chronic disease.

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Editorial Review

Review

"The definitive resource on Sjogren's Syndrome-comprehensive, evidence-based, and covers the full spectrum from bench to bedside." --John H. Klippel, MD, President and CEO, Arthritis Foundation

"What a wonderful resource. This handbook will be of great value to people with Sjogren's Syndrome, to the clinicians who care for them, and to their family and friends. It addresses complex medical issues and challenging practical issues with equal clarity and thoroughness, and with genuine concern and compassion." --David Wofsy, MD, President, American College of Rheumatology; George A. Zimmerman Distinguished Professor of Rheumatology, University of California, San Francisco; Chief, Division of Rheumatology, VA Medical Center

"The Lupus Foundation of America, Inc. (LFA) commends Dr. Daniel Wallace for bringing the latest, medically sound information on Sjogren's Syndrome to individuals with the disease, including people with lupus. The revised edition of *The New Sjogren's Syndrome Handbook* is a must-read and we applaud the Sjogren's Syndrome Foundation for the quality and excellence of its content." --Sandra C. Raymond, President and CEO, Lupus Foundation of America, Inc.

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"Especially helpful to patients and family members is the section on quality of life issues including emotional responses, mind-body interactions, and ways to deal more effectively with problems related to sexual activity, sleep, and issues related to surgery and vaccinations. A comprehensive guide for organizations, support groups and printed materials on Sjogren's syndrome was added to the book along with contact numbers and a grouping of select books on Sjogren's syndrome." -- Carol Ann Attwood, MLS, AHIP, CHIS, MPH, RN,C Mayo Clinic Arizona, *Consumer and Patient Health Information Section*

About the Author

Daniel J. Wallace, MD, is a Clinical Professor of Medicine at the David Geffen School of Medicine at UCLA based at Cedars-Sinai Medical Center in Los Angeles. His many books include *All About Fibromyalgia*, *All About Osteoarthritis* (with Nancy Lane), and *The Lupus Book*.

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