

# Sjögren's Syndrome Lifestyle Checklist

If you have been diagnosed with Sjögren's syndrome, it is important to periodically assess the severity and/or frequency of your symptoms and their impact on your daily activities.

Below are questions that may help you determine if it is time to talk to your doctor about your symptoms. Please check those that apply to you and fill in the statements below:

## Food & Diet

- I drink \_\_\_\_\_ (*insert number*) glasses of water/liquid per day to keep my mouth moist.
- Are you sipping water/liquid every few minutes just to keep your mouth moist enough to speak clearly and easily?
- Have you noticed increased sensitivity or pain when you eat certain foods (e.g., spicy or acidic foods) or drink alcohol?
  - The following foods are difficult/painful for me to eat:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Are you using more wet condiments (e.g., mayonnaise, salad dressing, sauce, gravy) to moisten food so that you can chew and swallow more easily?

## Health Changes

- Have you experienced more cavities or oral health problems recently?
  - I have had the following oral health problems in the last year:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Have your eyes felt more sensitive to light or wind lately?
- Are you using over-the-counter treatments like throat lozenges or eye drops more than the recommended amount?
  - I eat \_\_\_\_\_ (*insert number*) lozenges a day to keep my mouth moist.
  - I use \_\_\_\_\_ (*insert number*) eye drops a day to keep my eyes moist.

## Behavior Changes

- Have you avoided or declined invitations to events because you are afraid you won't be able to eat the food served?
- Have you canceled plans or stopped what you're doing because you felt too tired to keep going?

If you checked one or more of the questions above, make sure you talk to your doctor about your symptoms. It may be time to adjust your treatment plan to help manage your symptoms better.

For more information, please visit [www.LivingWithDryness.com](http://www.LivingWithDryness.com).