

Sjögren's Syndrome Symptoms Checklist

Below is a list of symptoms that often are associated with Sjögren's syndrome. Place a check in the box next to the symptoms that you experience as well as the statements below that best describe your symptoms:

- Dry or itchy eyes**
 - I find myself rubbing my eyes often because they feel dry.
 - I use over-the-counter eye drops several times a day/more than the recommended amount.
- Dry mouth**
 - My tongue often sticks to the sides or top of my mouth because it is so dry.
 - I often feel parched and keep water/liquid nearby at all times so I can sip frequently.
- Difficulty talking, chewing or swallowing**
 - My mouth hurts when I chew or swallow food.
 - I find it difficult to chew and/or swallow dry foods like crackers.
- Sore or cracked tongue**
 - My tongue often feels like sandpaper, and is very dry and scratchy.
 - My tongue sometimes feels sore.
- Oral yeast infections, such as candidiasis**
 - I have had several oral yeast infections over the last year.
- Increased dental cavities**
 - Even though I brush and floss, I seem to be experiencing more oral health problems than usual.
 - I seem to have more tooth decay and cavities than ever before.
- Extreme fatigue or drowsiness**
 - I have canceled plans or stopped what I'm doing because I felt too tired.
- Joint pain or soreness**
- Vaginal dryness**
- Skin dryness**
- Other** _____

If you have checked off more than one of the symptoms listed above, show this list to your doctor. It is possible that your symptoms could be a sign of a more serious condition. Your doctor can find out what's causing your symptoms and help you find ways to manage them effectively.

For more information, please visit www.LivingWithDryness.com.