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November 27, 2021

Who We Are

- History:
 - Formed in 2006 by Lee Durdon to be a national, non-profit organization dedicated to improving the lives of Sjögren's patients in Canada
- Mission:
 - To provide support and education for diagnosed and undiagnosed Sjögren's patients, to increase professional and public awareness, and to promote and fund Sjögren's related research





Managing Director

Lauren Vording

Founder

Lee Durdon

Board of Directors

Leslie P. Laing, President

Mary McNeil, Vice-President

Marc Foisy, Treasurer

Cindy Carter

Margaret Glasford

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Medical Advisory Board

Arthur Bookman, Rheumatologist
(Chair)

Barbara Caffery, Optometrist

Leslie P. Laing, Prosthodontist

Miriam Grushka, Oral Medicine

Janet Pope, Rheumatologist

Allan Slomovic, Ophthalmologist


C. Lisa Prokopich, Optometrist

Shalu Pal, Optometrist

Sjögren's Syndrome (SS) Sjögren's Disease Sjögren's


- Pronounced "SHOW-grins"
- In 1933, Henrik Sjögren, a Swedish ophthalmologist, published his findings of 19 women noting the connection amongst arthritis, fatigue, dry eyes, and dry mouth.
- July 23, 2022 will be the 13th Annual World Sjögren's Day
- July is the Canadian Sjögren's Awareness Month





What is Sjögren's?

Dry eyes, dry mouth, fatigue, and joint pain are the hallmark symptoms of one of the most prevalent autoimmune diseases that affects an estimated 1% of Canadians, 90% of whom are women.



Sjögren's Society of Canada
1-888-558-0950
www.sjogrenscanada.org

What is Sjögren's?

- One of the most prevalent autoimmune diseases that affects an estimated 1% of Canadians, 90% of whom are women.
- Hallmark symptoms:
 - Dry eyes
 - Dry mouth
 - Excessive fatigue
 - Joint pain

Ways Sjögren's Can Affect Your Body



- Headaches
- Neurological problems including impaired memory and concentration (brain fog)
- Altered taste and smell
- Dry, gritty, painful, burning eyes, corneal ulcerations, blurred vision
- Swollen salivary glands
- Dry nose, recurrent sinusitis, nose bleeds
- Increased dental decay
- Dry or burning mouth, mouth sores, oral yeast infections
- Heartburn, gastro-esophageal reflux disorder (GERD), dry cough
- Difficulty speaking, eating, chewing, swallowing
- Digestive issues, stomach upset, gastroparesis, autoimmune pancreatitis
- Lymphoma
- Vaginal dryness, painful intercourse
- Recurrent bronchitis, pneumonia, interstitial lung disease
- Dry skin, skin rashes, cutaneous vasculitis, Raynaud's phenomenon, digital ulceration
- Liver abnormalities, primary biliary cholangitis, chronic active hepatitis
- Peripheral neuropathy (numbness and tingling in the extremities)
- Arthritis, muscle pain, joint pain
- Extreme fatigue

How the SjSC works for you ("membership has its benefits")

- Patient Support: Access to an expanding network of local support groups and contact persons.
- COVID-19: updates and formation of SADDA (Stakeholders of Autoimmune Diseases: Drug Access)
- List of Sjögren's Specialists: The SjSC maintains and makes available to its members, a list of rheumatologists, dentists and ophthalmologists who are experts in Sjögren's.
- Newsletter: Our quarterly Connections Newsletter is filled with educational information from diagnosis to treatment, hints for daily living, upcoming events, research, and much more.

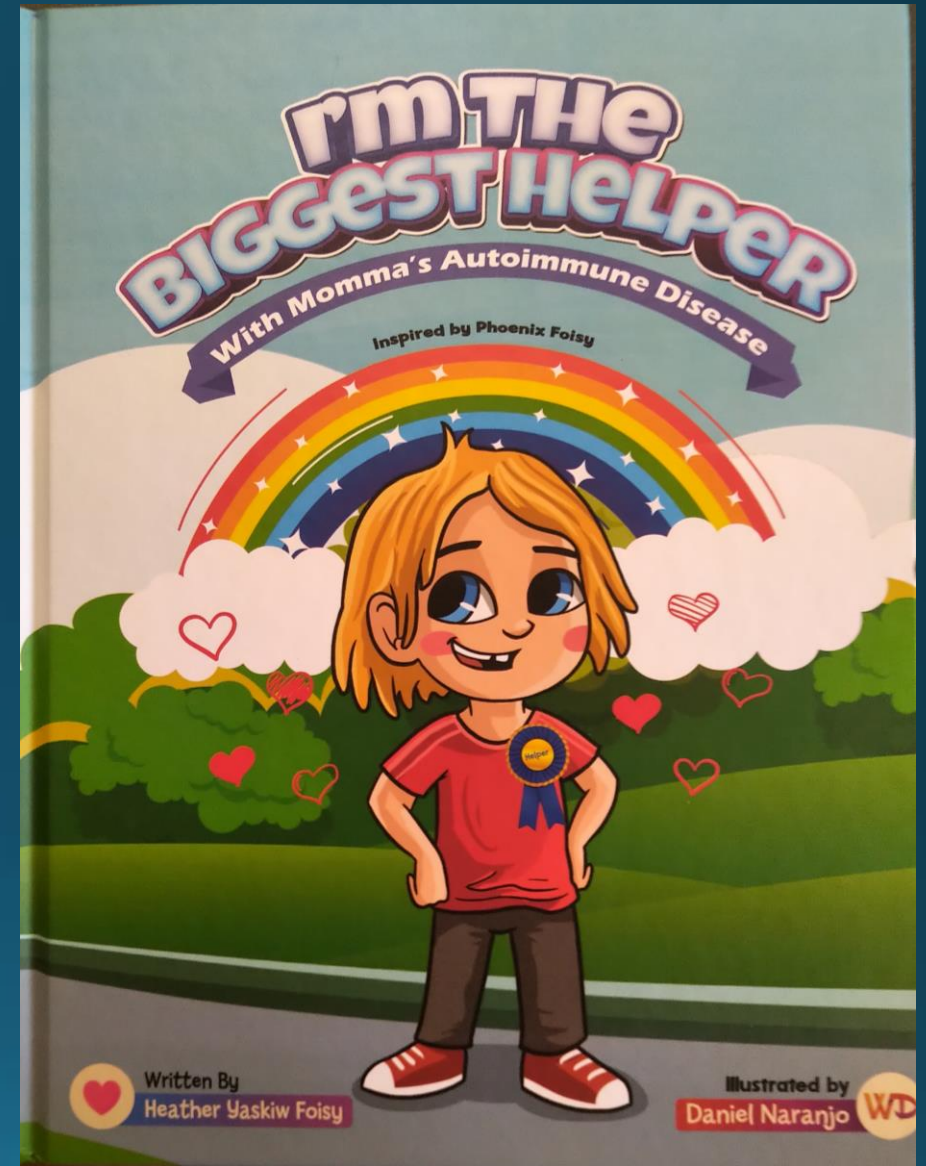
How the SjSC works for you ("membership has its benefits") (cont'd)

- eNewsletter: Our monthly eNewsletter features tips for living with Sjögren's along with upcoming events and fundraisers.
- Members-only virtual town hall events
- Discounts: On National Patient Conferences and books
- **Advocacy & Research:** With the help of our Board of Directors and our Medical Advisory Board, the SjSC is committed to monitoring Sjögren's-related issues in Canada, encouraging research into Sjögren's, and informing patients about new treatments and research updates.

Exciting News from the SjSC!

- An entirely new SjSC website will be launched in early 2022
- One of our main objectives is to better inform our members, Sjögren's patients, and the general public about living with Sjögren's
- In 1-2 sentences, **what is an essential survival tip that really helps you live as well as possible with Sjögren's?**
- All entries will be included in a draw for SjSC prizes (caps, t-shirts, and reflective arm bands)
- We'll review the submissions and select the best ones to include on our new website

Our Own Soon-
to-be Best Seller



Sjögren's Society of Canada

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- Local: 519-302-0051
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Thank you!
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