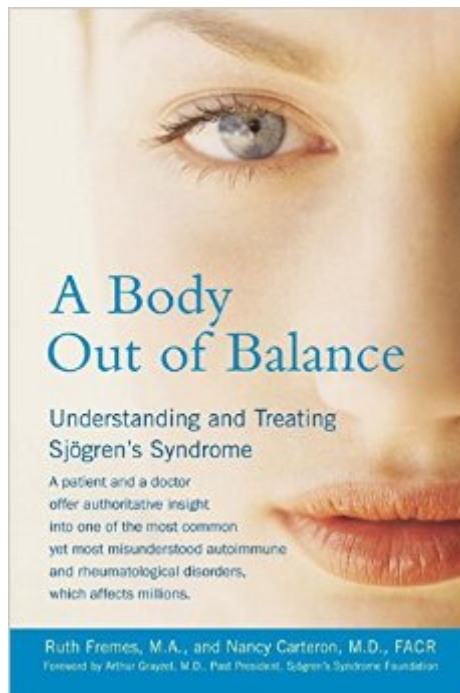


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# A Body Out Of Balance: Understanding And Treating Sjorgen's Syndrome



## Synopsis

One of the most common yet underrecognized autoimmune and rheumatological disorders. Sjögren's (pronounced SHOW-grens) syndrome, or SjS, affects more people than rheumatoid arthritis and lupus combined. Difficult to diagnose, SjS is characterized by symptoms that shift almost daily, usually beginning with vague discomforts such as dry eyes and dry mouth, then advancing to more severe concerns such as joint pain and swollen glands. *A Body Out of Balance* provides a comprehensive guide to the wide array of symptoms, traditional and complementary treatments, and invaluable coping methods, so patients may devise a personal treatment plan. Co-written by a woman living with the disease and by a physician who has treated countless SjS patients, this indispensable resource will enhance awareness and demystify this often-misunderstood disorder.

## Book Information

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## Customer Reviews

This book has been a real help in opening my eyes to the broad implications of Sjogren's Syndrome. When I was first diagnosed with Sjogren's, I was pretty relieved -- relieved that there was an explanation for all of the previously inexplicable and seemingly unconnected symptoms I'd been suffering -- repeated corneal abrasions, painfully dry eyes, inability to eat anything with so much of a drop of Tabasco, constant thirst despite constantly drinking water, cracked lips. And in the big world of diseases, heck, this one didn't seem so bad. I bought this book, flipped through it, but didn't get much benefit. It was not until I had met with the rheumatologist several times that the

diagnosis became troubling -- troubling to realize that medications didn't cure all, troubling to realize that I'd have to deal with this condition for the rest of my life and I really needed to figure out how best to do that. The doctor told me that the condition is really a gift that prompts many folks to seek balance in their lives. At that point, I pulled the book out & read it from cover to cover, trying to learn as much as possible about the disease. There are chapters on dry eyes, dry mouth/nose/throat, extraglandular involvement, pain & fatigue, emotional toll, medications, nutrition, and special conditions, such as disability. Throughout, the focus of the book is to help you achieve a good quality of life. My initial inclination about Sjogren's was to try to dismiss it as "no big deal" and not try to blame every physical malady I experience on Sjogren's. After reading through this book, though, I now realize that Sjogren's can impact nearly every part of your body in one way or another, and failing to recognize that can make it difficult to fix the problems.

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