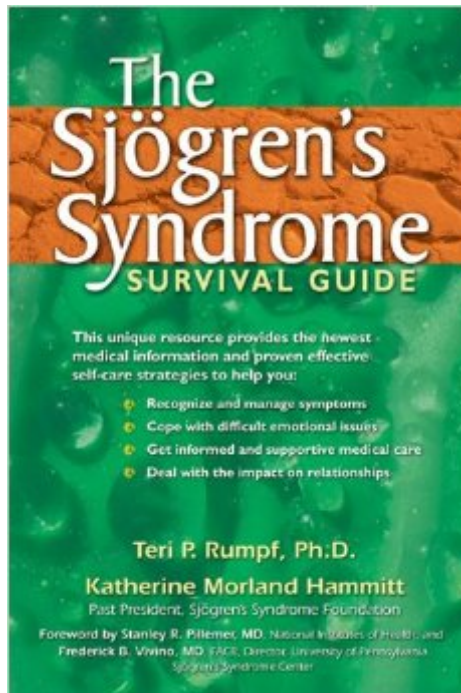


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# The Sjogren's Syndrome Survival Guide



## Synopsis

Little is known in the medical community about Sjogren's (pronounced show-grins) syndrome, although it is statistically the most prevalent autoimmune disorder in the US, afflicting some 2 to 4 million people, the majority of whom are women. Sufferers often spend years going from specialist to specialist before being properly diagnosed. This debilitating illness, in which the body's immune system mistakenly attacks its own moisture producing glands, results in dry eyes and dry mouth, and dryness of the skin, nose, and vagina. It can also affect the kidneys, GI tract, blood vessels, lung, liver, pancreas, and the central nervous system. This is the first and only book to provide a specific program of self-help strategies for sufferers. Authors Teri Rumpf and Kathy Hammitt are both Sjogren's sufferers. Their book offers you the most current medical information about Sjogren's along with an in-depth explanation of the disorder, including how it is diagnosed. The book will teach you how to advocate for yourself within the health care system and how to team up with your physician to coordinate the necessary medical care. Learn the most effective ways to reduce symptoms, deal with pain, and cope psychologically with Sjogren's challenges.

## Book Information

Paperback: 240 pages

Publisher: New Harbinger Publications; 1 edition (March 2003)

Language: English

ISBN-10: 1572243562

ISBN-13: 978-1572243569

Product Dimensions: 6 x 0.6 x 9.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #195,742 in Books (See Top 100 in Books) #9 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #47 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #97 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

## Customer Reviews

This new book offers a wealth of information on both the medical and psychological aspects of Sjogren's syndrome. It gives the reader a comprehensive, but plain spoken, perspective on living with this complex disease. Dr. Teri Rumpf is a clinical psychologist and Kathy Hammitt is Past President of the Sjogren's Syndrome Foundation. Both authors have Sjogren's Syndrome. Because

of their personal and professional qualifications they are able to describe the subjective and objective aspects of the disease. This book is totally captivating. It reads like a novel. It is guaranteed that the reader will see themselves over and over again throughout the book. The medical section includes chapters on how Sjogren's is defined and what makes the diagnosis, as well as chapters on the ways in which Sjogren's affects different parts of the body and the various treatment options available. Chapters on living with the illness include sections on the doctor/patient relationship, relationships with family and friends, and riding the emotional roller coaster with which we can all identify. Additional chapters discuss adaptation to life with a chronic illness, healing, work, and the hope that research currently offers. There is a section on Resources that is useful to those who are newly diagnosed or to those who have had the disease for many years. The explanation of all of the abnormal blood work that accompanies Sjogren's, in the chapter entitled "What Makes a Diagnosis," is particularly useful. It answered so many of my questions. The chapter on relationships dealing with family and friends really hit home. Every reader will be able to identify with this section.

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