



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

April is Sjögren's Awareness Month

(RESTON, VA) –Sjögren's Awareness Month was first established in 1998 when New York Congresswoman, Louise Slaughter, read it into the Congressional Record. Sjögren's ("SHOW-grins") is a systemic autoimmune disease that affects the entire body. Along with symptoms of extensive dryness, other serious complications include profound fatigue, chronic pain, major organ involvement, neuropathies and lymphomas.

Sjögren's affects an estimated four million Americans, both men and women of different ages and ethnicities. As a systemic disease, affecting the entire body, symptoms may remain steady or worsen overtime. There is no one single progression of the disease and this can make it challenging for patients and their physicians. While some people experience mild discomfort, others suffer debilitating symptoms. This can cause a misunderstanding about the disease that can be isolating for many patients, which is why the Sjögren's Foundation is celebrating national awareness by highlighting 30 patients in their #ThisIsSjögrens 2022 campaign.

Follow the Foundation's website and social media as they highlight 30 real patients in this year's campaign to raise awareness of this complex disease.

Visit www.sjogrens.org to learn more about the #ThisIsSjögrens campaign.

**About the Sjögren's Foundation:**

The Sjögren's Foundation was founded in 1983 by Elaine Harris, a frustrated patient. Headquartered in Reston, VA, the Foundation has grown into a multi-faceted organization that provides patients, caregivers, healthcare providers and others with helpful information and resources to aid them in managing this debilitating disease.

Under the leadership of Janet E. Church, President & CEO, the Foundation is internationally recognized for its leadership and support of research, education, patient care, advocacy, and the development of new therapeutics to treat the complex disease. Putting patients first, the Foundation works to achieve its vision: "To create a community where patients, healthcare professionals and researchers come together to conquer the complexities of Sjögren's."