



#### **MEDIA RELEASE**

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#### **FOR IMMEDIATE RELEASE**

### **July 23<sup>rd</sup> is World Sjögren's Day**

(RESTON, VA) – World Sjögren's Day is meant to put a face on the millions of people who live with this disease or suffer from symptoms and have yet to be diagnosed. It gives everyone touched by Sjögren's a vehicle to reach out and educate those close to them - family, friends, co-workers, neighbors, etc. - about the disease.

World Sjögren's Day was created by the Sjögren's Foundation to raise much needed awareness for Sjögren's. It is marked every year on July 23<sup>rd</sup>, the birthday of Dr. Henrik Sjögren, the Swedish ophthalmologist who discovered Sjögren's. The Foundation is joined by organizations around the world to draw attention to Sjögren's and the disease's impact on millions of patients.

Dr. Henrik Sjögren was a Swedish ophthalmologist who first identified the disease in 1933. Today, his birthday is celebrated as World Sjögren's Day to help raise awareness for this disease. 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. Visit [www.sjogrens.org](http://www.sjogrens.org) to learn more.



**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."