

2024 Sjögren disease guideline summary sheet

This guideline provides evidence-based recommendations for the management of adult and juvenile onset Sjögren disease (SD).

Step one

Confirm diagnosis

Has the diagnosis of SD been made in line with 2016 ACR/EULAR criteria for adult SD

- Anti-Ro antibodies (score 3)
- Focus score of > 0 or $=1$ (score 3)
- Abnormal ocular staining score > 0 or $=5$ (score 1)
- Schirmer's test without anaesthetic result of < 4 or $= 5$ mm/5 min (score 1)
- Unstimulated salivary flow < 0.1 ml/min (score 1)

Classification as SD requires a score of 4 or more

If no access to lip biopsy consider ultrasound as an alternative to support diagnosis

Treating a patient in the UK, enter them into [MELD database](#)

Check for co-morbidities - clinical exam, urine dip, routine bloods (FFIG, JgE/LFT), immunoglobulins, C3/C4, TFT, TTG, CK, serum bicarb, anti-CCP, RF, vitamin D, anti-dsDNA

Explain diagnosis and signpost to appropriate resources e.g. [Sjögren's UK website](#)

Step two

Treat symptoms

- Dry eyes - start preservative-free lubricant eye drops 4 times per day, advise warm eye compress for 10 min daily
- Dry mouth - saliva substitutes, dental care
- Systemic dryness - consider pilocarpine 5mg once daily increasing step-wise to 5mg 3 times per day (max 5mg x 6 daily)

Step three

Systemic management

- Consider hydroxychloroquine
- Consider other DMARDs for specific indications (see guideline)

Step four

Errata and special situations

- If planning pregnancy - counsel re neonatal lupus and congenital heart block
- If co-morbidities - treat appropriately (see guideline)
- Early diagnosis of lymphoma is crucial for curative management. See guidelines for warning signs and symptoms

Lifestyle

- Long-term monitoring of the condition is required, especially in those at high risk of lymphoma
- Wear glasses to reduce tear evaporation
- Maximise omega 3 through diet or supplements
- Avoid dry, smoky environments
- Humidify environment - turn down heating
- Saucers of water on radiators
- Reduce sugar consumption
- Meticulous dental care
- Drink plain water
- Keep active

For more information, read the full guideline at rheumatology.org.uk/guidelines