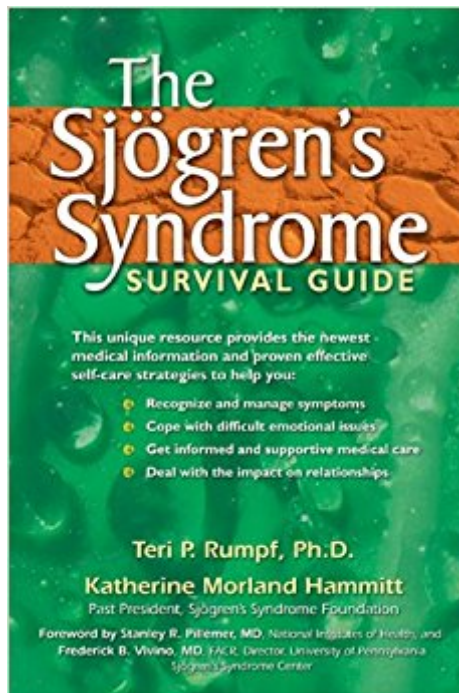




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# The Sjogren's Syndrome Survival Guide



## 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

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## Customer Reviews

Teri P. Rumpf, PhD, is a psychologist in private practice specializing in treating patients who suffer from chronic illness. Rumpf knows firsthand the challenges of living with Sjogren's syndrome. She has published numerous articles on living with chronic illness for both the Sjogren's Syndrome Foundation and the Scleroderma Foundation. She lives in

Newton Highlands, MA.

If you have Sjogren's, this is a must buy! I was so sick of trying to get information about this topic. This information assisted me in stepping up taking care of myself and addressing my own medical care. I was so sick of people saying "Oh, thank goodness it's not Lupus". Now I have information. Wish the book addressed alcohol use and Sjogrens. I have found it to be a HUGE cause of my flares and joint pain.

This book should be read by anyone who has or know anyone with Sjogren's Syndrome. I felt like someone had shadowed my life for the last 20 years and sa"ENOUGH, THIS WOMAN ISN'T CRAZY, SHE REALLY NEED A DOCTOR THAT UNDERSTANDS1 AND I'M HERE TO HELP HER WALK THRU THEIR INSANITY" Thank you to the authors, I've finally found the right Drs. and am no longer crazy. PLEASE LET THEM HELP YOU HELP YOURSELF.

This is a good book for readers who need basic information about Sjogren's Syndrome. For those who have read the information on Internet sites such as Johns Hopkins, NIH, and Mayo Clinic, there isn't much more to add to that free medical information. This book does have useful information about dealing with the emotional consequences of Sjogrens that those sites don't offer, and it may be helpful for those who seek guidance in that area. The type face is fairly large and easy read, so great for senior readers. I thought much of the self help advice to be basic common sense and things the Dr has already suggested. There is a resource section with useful addresses, but as the book is now 5 years old, the addresses and phone numbers may need updating.

This book would be valuable for someone who is newly diagnosed with SS and looking for more information and answers. It's a misunderstood disease but is manageable. This book helps clarify the symptoms and treatment options. Could be updated because it was published in 2003. Overall it has good info and easy reading.

speaks for its self

A lot of good info, not at much as one of the other books I got.

I have enjoyed reading others feelings and thoughts on this devastating disease. It is nice to have

somewhere to go to compare symptoms and problems and find possible solutions

The number of books available on Sjogren's Syndrome are very limited, and this book is a welcome addition. I found it to be informative, easy-to-read, and honest. I liked the frankness of this book as it portrayed a realistic picture of what life is like for people who have Sjogren's. This book covers a wide range of topics and does not make light of life with Sjogren's. I could relate to much of what was written. Also, this "survival" guide does not offer easy solutions on how to "conquer" Sjogren's. It recognizes that Sjogren's cannot be conquered but, at the same time, it provides the reader with realistic and helpful suggestions on how to cope with this illness. It also recognizes both the variability of how the illness affects people, as well as the commonalities that we all may share. My thanks to Dr. Rumpf and Ms. Hammitt for taking the time to write The Sjogren's Syndrome Survival Guide.

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