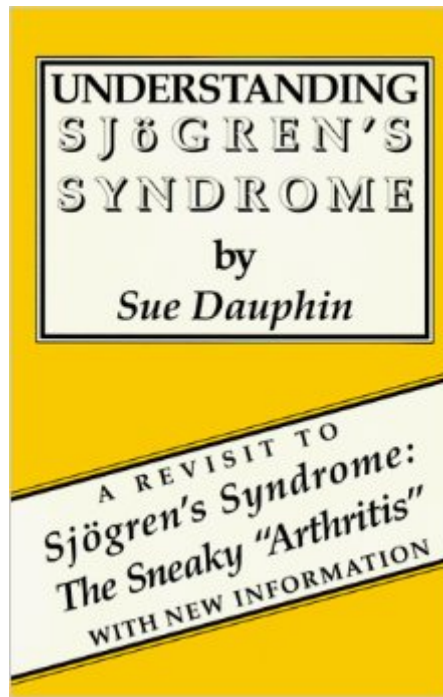


The book was found

# Understanding Sjogren's Syndrome



## Synopsis

Book by Dauphin, Sue

## Book Information

Paperback: 245 pages

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Language: English

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Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,901,724 in Books (See Top 100 in Books) #98 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #742 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

This book is an excellent practical guide for people with Sjogren's Syndrome. It offers a good balance of medical information and everyday coping techniques. For many of us simply understanding all of the many facets of the condition and then finding medical help has been a long battle. Sue Dauphin's book opens with a few stories (including her own) of people with Sjogren's Syndrome. As I read about people who had struggled as I have with Sjogren's, I immediately enjoyed the book simply because it is comforting to realize you're not alone. The book follows with a definition of Sjogren's and then has a long, thorough chapter discussing symptoms. I was amazed to discover that some of the medical problems I'd been having that I had been told were not related to my Sjogren's, in fact were part of the condition. Perhaps knowing this will help with my treatment. The book goes on to discuss immunology, diagnostic techniques, treatment options and coping mechanisms. All of the information is clearly written. The tone of the book is friendly and easy to understand even when discussing the most technical medical aspects of the syndrome. It includes information on support resources including addresses of support agencies such as The Sjogren's Syndrome Foundation and the National Sjogren's Syndrome Association. I would highly recommend this book to anyone with Sjogren's or to loved ones of Sjogren's patients. It really helps you understand Sjogren's and gives you many suggestions for coping. I wish I had had this book years ago when I first discovered I had Sjogren's.

This book, full of silly cartoons and conversational language, was not worth much to me. If you have just been diagnosed, are part of the target audience (I'm in my early 30s, younger than most with this disease), and don't know much about autoimmune diseases, this might be an OK place to start. It won't give you much that you can't find online, though, and the author's tone is chatty in a way that I found annoying, not engaging.

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Understanding Sjogren's Syndrome The New Sjogren's Syndrome Handbook Understanding Bergson, Understanding Modernism (Understanding Philosophy, Understanding Modernism) The IBS Diet: Overcome Irritable Bowel Syndrome With the Low FODMAP Diet (Food Allergies and Intolerances) (Irritable Bowel Syndrome Treatment Book 1) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Asperger's: The Asperger Syndrome Revealed! The Ultimate Information Book (Asperger Disorder, Asperger Syndrome, Aspergers, AS, AD, ASD) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) Irritable Bowel Syndrome: Natural and Herbal remedies to cure Irritable Bowel Syndrome Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Could it be You?: Overcoming Dyslexia, Dyspraxia, ADHD, OCD, Tourette's Syndrome, Autism and Asperger's Syndrome in Adults Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Topics in Down Syndrome) by Terri Couwenhoven 1st (first) Edition (10/10/2007) Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) by Maryanne Bruni (2006-04-10) Teaching Reading to Children With Down Syndrome: A Guide for Parents and Teachers (Topics in Down Syndrome) by Patricia Logan Oelwein (1995-02-01) Paperback Speech and Language Development for Infants with Down Syndrome (0-5 Years) (Down Syndrome Issues & Information) (Pt. 2) Education for Individuals with Down Syndrome: Education: An Overview (Down Syndrome Issues & Information) (Pt. 1) Social Development for Individuals with Down Syndrome: An Overview (Down Syndrome Issues & Information) Motor Development for Individuals

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