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DIAGNOSTIC AND TREATMENT CHALLENGES IN SJÖGREN'S SYNDROME: A CASE REPORT

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Abstract: Sjogren's syndrome is an autoimmune disease. This means that your immune system attacks parts of your own body by mistake. In Sjogren's syndrome, it attacks the glands that make tears and saliva. This causes a dry mouth and dry eyes. Sjögren syndrome. Dry eyes may lead to itching, burning, a feeling of sand in the eyes, blurry vision, or intolerance of bright or fluorescent lighting. A dry mouth can feel chalky or full of cotton, and affected individuals may have difficulty speaking, tasting food, or swallowing. Because saliva helps protect the teeth and the tissues of the oral cavity, people with Sjögren syndrome are at increased risk of tooth decay and infections in the mouth.

In most people with Sjögren syndrome, dry eyes and dry mouth are the primary features of the disorder, and general health and life expectancy are largely unaffected. However, in some cases the immune system also attacks and damages other organs and tissues. This complication is known as extra glandular involvement. Affected individuals may develop inflammation in connective tissues, which provide strength and flexibility to structures throughout the body. Disorders involving connective tissue inflammation are sometimes called rheumatic conditions. In Sjögren syndrome, extra glandular involvement may result in painful inflammation of the joints and muscles; dry, itchy skin and skin rashes; chronic cough; a hoarse voice; kidney and liver problems; numbness or tingling in the hands and feet; and, in women, vaginal dryness. Prolonged and extreme tiredness (fatigue) severe enough to affect activities of daily living may also occur in this disorder.

Keywords: Sjogren's syndrome, parotid, Metronidazole, extra glandular.

1. INTRODUCTION

Sjogren's syndrome is an autoimmune disease. This means that your immune system attacks parts of your own body by mistake. In Sjogren's syndrome, it attacks the glands that make tears and saliva. This causes a dry mouth and dry eyes. You may have dryness in other places that need moisture, such as your nose, throat, and skin. Sjogren's can also affect other parts of the body, including your joints, lungs, kidneys, blood vessels, digestive organs, and nerves.

Between 400,000 and 3.1 million adults have Sjögren's syndrome. This condition can affect people of any age, but symptoms usually appear between the ages of 45 and 55. It affects ten times as many women as men. About half of patients also have rheumatoid arthritis or other connective tissue diseases, such as lupus.

In the early 1900s, Swedish physician Henrik Sjögren first described a group of women whose chronic arthritis was accompanied by dry eyes and dry mouth. Which today this disease is called as Sjogren syndrome. Dry eyes may lead to itching, burning, a feeling of sand in the eyes, blurry vision, or intolerance of bright or fluorescent lighting. A dry mouth can feel chalky or full of cotton, and affected individuals may have difficulty speaking, tasting food, or swallowing. Because saliva helps protect the teeth and the tissues of the oral cavity, people with Sjögren syndrome are at increased risk of tooth decay and infections in the mouth.

In most people with Sjögren syndrome, dry eyes and dry mouth are the primary features of the disorder, and general health and life expectancy are largely unaffected. However, in some cases the immune system also attacks and damages other organs and tissues. This complication is known as extra glandular involvement. Affected individuals may develop inflammation in connective tissues, which provide strength and flexibility to structures throughout the body. Disorders involving connective tissue inflammation are sometimes called rheumatic conditions. In Sjögren syndrome, extra glandular involvement may result in painful inflammation of the joints and muscles; dry, itchy skin and skin rashes; chronic cough; a hoarse voice; kidney and liver problems; numbness or tingling in the hands and feet; and, in women, vaginal dryness. Prolonged and extreme tiredness (fatigue) severe enough to affect activities of daily living may also occur in this disorder. A small number of people with Sjögren syndrome develop lymphoma, a blood-related cancer.

2. CASE REPORT

A50 years old female patient, a product of consanguineous marriage, presented with generalized a weakness, Fever, swelling and pain in right parotid region. inability to do normal and daily work, sensorineural hearing loss and dental anomalies (presence of caries). typical neck swelling was present.

The women also present fever, chill, swelling and pain in right parotid region. has started to appearing since3 years back and progressed gradually to present extend. On physical examination with the blue tint has been observed to the skin (cyanosis) on the arms mostly left arm. On neck MRI examination result was showed the enlarged both Parotid gland involvement may give a salt and pepper appearance or a honeycomb appearance. The patient received antibiotic coarse as first line treatment.

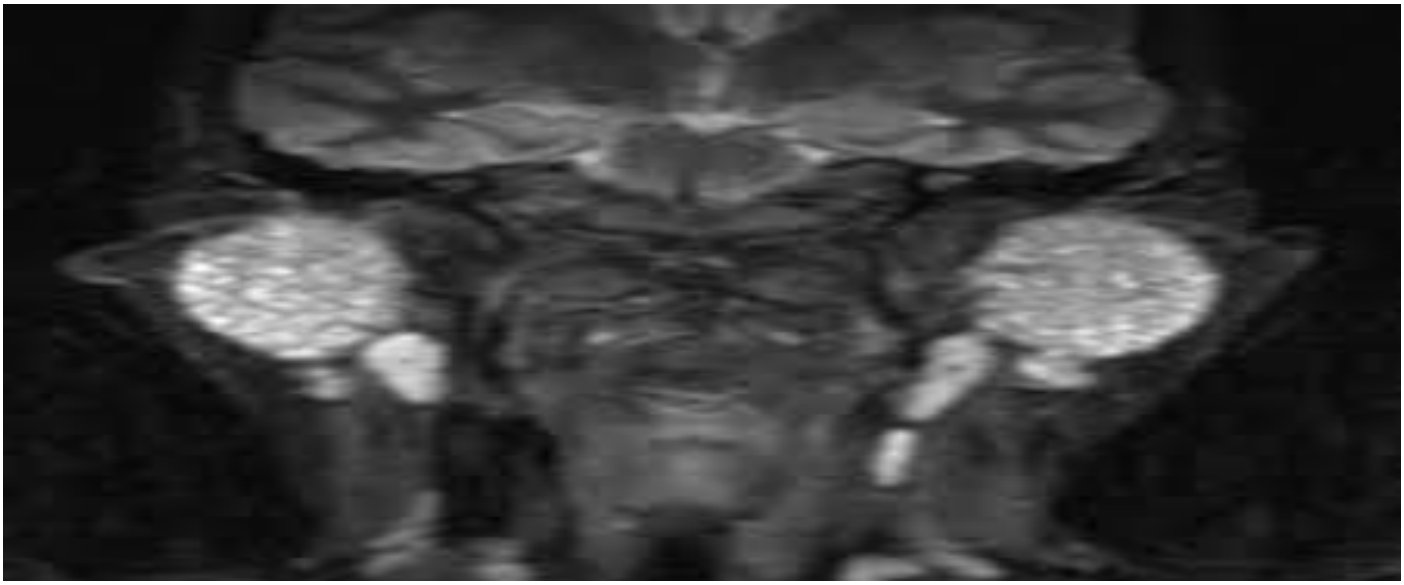

Fig 1: MRI examination

3. DISCUSSION

In summary, 50-year-old women, was diagnosed clinically as a case of. Sjogren's syndrome because of have dryness in other places that need moisture, such as your nose, throat, and skin. Sjogren's can also affect other parts

of the body, including your joints, lungs, kidneys, blood vessels, digestive organs, and nervese. A diagnosis of Sjogren's was suspected based on the clinical features, thyroid function test and physical examination. MRI Scan assisted in the diagnosis, Sjogren's syndrome has to be differentiated from other conditions having similar clinical features. The treatment for Sjogren's is essentially supportive care. Despite the lack of effective treatment and progressive course of the disease, a correct diagnosis is very important to assist the family with the caretaking of the child and genetic counselling should be done to prevent recurrence of the condition in the family.

4. CONCLUSION

Sjogren's Syndrome is a rare is an autoimmune disorder, first described in 1900. It is characterized by dry mouth and dry eyes , dryness in other places that need moisture, such as your nose, throat, and skin. Sjogren's can also affect other parts of the body, including your joints, lungs, kidneys, blood vessels, digestive organs, and nerves extraglandular involvement may result in painful inflammation of the joints and muscles; dry, itchy skin and skin rashes; chronic cough; a hoarse voice; kidney and liver problems; numbness or tingling in the hands and feet; and, in women, vaginal dryness. Prolonged and extreme tiredness (fatigue) severe enough to affect activities of daily living may also occur in this disorder. A small number of people with Sjögren syndrome develop lymphoma, a blood-related cancer.

The diagnosis is made on the clinical features and by MRI Scan assisted in the diagnosis, Sjogren's syndrome has to be differentiated from other conditions having similar clinical features.

Conflict of interest

The authors declare no conflict of interest

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