

**Mayo Clinic Medical Edge**

***Living with Sjogren's***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	EYE DROPS AND A WATER BOTTLE. CONVENIENCES FOR MANY, BUT OFTEN NECESSITIES FOR PEOPLE LIVING WITH SJOGREN'S SYNDROME WHERE THE TWO MAJOR SYMPTOMS ARE...
<b>Thomas Osborn, M.D.</b>	"DRY EYES AND DRY MOUTH, SO LACK OF TEARS AND LACK OF SALIVA."
	IT HAPPENS, EXPLAINS MAYO CLINIC DR. THOMAS OSBORN, BECAUSE THE BODY'S IMMUNE SYSTEM ATTACKS THE MOISTURE- PRODUCING GLANDS IN THE BODY. THERE'S NO CURE, SO TREATING

	<p>THE SYMPTOMS IS THE FOCUS. MEDICATIONS CAN HELP, A LOT. BUT THERE ARE ALSO THINGS YOU CAN DO ON YOUR OWN. STAY HYDRATED. DRINK LOTS OF WATER, RAISE THE HUMIDITY IN YOUR HOME AND STOP SMOKING. IT'S ALSO IMPORTANT TO AVOID COLDS, THE FLU AND OTHER INFECTIONS BECAUSE...</p>
<b>Dr. Osborn</b>	<p>“WHEN YOU'RE NOT MOIST, IT'S HARDER TO GET SECRETIONS TO HELP CLEAR THOSE GERMS. THEY HAVE A TOUGHER TIME FIGHTING THAT OFF. ”</p>
	<p>A DRY MOUTH ALSO MAKES YOU MORE SUSCEPTIBLE TO DENTAL PROBLEMS, SO GOOD ORAL HYGIENE IS VERY IMPORTANT</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>
