Sjögren's disease is a serious, systemic autoimmune disease that can be progressive 1-4

Discover how EULAR Sjögren's syndrome disease activity index (ESSDAI) organizes systemic activity into measurable domains

Prevalence of the 12 ESSDAI domains (Domains may include manifestations beyond the examples shown)



22%

- Enlarged parotid
- · Submandibular or lacrimal swelling

Pulmonary^{5,7}

20%

- Persistent cough
- Radiographic abnormalities (eg, interstitial lung disease)

Cutaneous^{5,8}

16%

- Erythema multiforme
- Cutaneous vasculitis

Articular^{5,9}

53%

- Arthralgias in hands, wrists, ankles, and feet + morning stiffness
- Synovitis

Hematological^{5,10}

22%

 Cytopenia of autoimmune origin (severity measured by specific cutoffs)

Biological^{5,10}

51%

- Clonal component
- Hypocomplementemia
- Hypergammaglobulinemia
- IgG level

Central nervous system^{5,6}

Active involvement (severity measured by manifestation)

2%

Lymphadenopathy^{5,11}

- Present in any nodal or inguinal region
- Current malignant B-cell proliferative disorder

Renal^{5,12}

 Active renal involvement (severity measured by several factors, including GFR) 5%

13%

Peripheral nervous system^{5,13}

 Active involvement (severity measured by manifestation) 20%

Muscular^{5,14}

 Active myositis (severity measured via EMG, MRI, biopsy, and/or creatine kinase levels) 3%

Constitutional^{5,6}

- Fever
- Night sweats
- Involuntary weight loss

9%

Disease activity level classification by ESSDAI^{15,16}

Level of disease activity	Score
Mild disease activity	<5
Moderate disease activity	5-13
High disease activity	≥14

Each domain is divided into 3 to 4 levels of activity, each of which has a score based on domain weight. The sum of individual domains is the ESSDAI score, with a maximum score of 123.

EMG, electromyography; EULAR, European Alliance of Associations for Rheumatology; GFR, glomerular filtration rate; IgG, immunoglobulin G; MRI, magnetic resonance imaging.



Could your patients be experiencing manifestations beyond dryness?

Explore key questions to deepen your insights

Use questions based on ESSDAI to foster better conversations with your patients.Doing so allows you to go deeper and gain a better understanding of their disease beyond classic sicca symptoms.

Sample questions per domain⁵



Glandular domain

 Have you noticed any swelling in your face or neck?



Pulmonary domain

 Have you been experiencing shortness of breath or a persistent cough?



Articular domain

- Have you had pain in your hands, wrists, ankles, and feet in the past 4 weeks?
- Have you noticed any stiffness in the morning lasting for at least 30 minutes?



Renal domain

- Have you noticed any changes in your urine color or volume?
- Have you experienced any swelling in your legs or feet?



Lymphadenopathy domain

 Have you noticed any swollen lymph nodes?



Peripheral nervous system domain

 Have you experienced any numbness, tingling, or burning sensations in your extremities?



Cutaneous domain

- Have you noticed any skin rashes or lesions?
- Have you experienced any changes in skin color or texture?



Muscular domain

 Have you experienced any muscle pain or weakness?



Central nervous system domain

 Have you experienced any headaches, dizziness, or confusion?



Constitutional domain

 Have you experienced fever or night sweats in the past 4 weeks?

Each domain requires a thorough evaluation of Sjögren's disease-related signs and symptoms, guided by detailed definitions to determine the level of disease activity. In some cases, laboratory or imaging assessments may also be necessary to accurately assign an ESSDAI score.

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