

Sjogren's Syndrome (SS) Symptom & Flare Checklist

Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

✓ Symptoms (check all that apply)

- Dry eyes or gritty / sandy feeling in the eyes
- Eye burning, redness, or irritation
- Blurred vision related to dry eyes
- Dry mouth or cottonmouth feeling
- Trouble chewing or swallowing dry foods
- Needing water frequently to speak or eat
- Mouth sores or cracked tongue
- Increased dental cavities or gum irritation
- Swelling of salivary glands, especially near the jaw or ears
- Dry nose or frequent nose irritation
- Dry throat or persistent dry cough
- Hoarseness or voice changes
- Joint pain or joint stiffness
- Muscle aches or general body pain
- Extreme fatigue or reduced endurance
- Dry skin
- Vaginal dryness
- Numbness, tingling, or burning in hands or feet
- Shortness of breath or breathing discomfort
- Fever or feeling generally unwell
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Missed doses of SS medication
- Recent infection (cold, flu, sinus infection, dental infection)
- High stress / poor sleep
- Dehydration or low fluid intake

- Increased sun exposure
- Recent medication change or dose change
- Overexertion / heavy activity
- Dry environment, fan, heater, or prolonged screen time
- Smoking / vaping exposure
- Alcohol intake
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term SS medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Rapid worsening of dry eyes, eye pain, or light sensitivity
- New vision changes or significant blurred vision
- Severe dry mouth causing trouble eating, swallowing, or speaking
- Painful swelling of salivary glands or glands that become suddenly enlarged
- Fever with major worsening symptoms or concern for infection
- New or worsening shortness of breath, chest tightness, or breathing difficulty
- New numbness, tingling, weakness, or burning pain in arms or legs
- Severe fatigue or joint pain affecting daily function
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Flares becoming more frequent, more severe, or harder to control
- Questions about medication safety, pregnancy planning, infections, or vaccines

Contact Information

Rheumatology Care Associates

Phone: [Call \(352\) 717-0603](tel:3527170603)

Contact / Request Appointment: [Contact Us](#)

Address: 2611 S US Hwy 27, Clermont, FL 34711

Website: rheumatologycareassociates.com

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Sip water regularly and use dry eye or dry mouth products recommended by your clinician.
3. Rest when fatigue is worse, but avoid unsafe overexertion.
4. Keep track of eye symptoms, mouth dryness, gland swelling, joint pain, and fatigue.
5. Avoid drying triggers such as alcohol-based mouth products, smoke exposure, and dehydration.
6. Use humidification and protect your eyes from wind or prolonged screen strain when possible.
7. Contact your rheumatologist promptly if dryness, swelling, pain, breathing symptoms, or neurologic symptoms worsen.
8. Seek urgent care for severe eye pain, vision changes, breathing difficulty, or inability to swallow safely.

Prevention tips:

- Take long-term SS medication consistently as prescribed.
- Keep a simple flare log (date, dryness severity, gland swelling, fatigue, joint pain, possible triggers).
- Stay hydrated throughout the day.
- Use eye and mouth moisture-support strategies regularly.
- Pace physical activity and prioritize sleep and recovery.
- Report new breathing symptoms, nerve symptoms, or persistent gland swelling early.
- Keep regular follow-ups and review medication side effects with your specialist.

Need Help?

Emergency / urgent concerns:

Call now: [\(352\) 717-0603](tel:3527170603)

Request appointment: [Contact Form](#)

Visit website:

rheumatologycareassociates.com

© 2026 Rheumatology Care Associates

For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Sjogren's Syndrome: [Visit our SS Guide](#)

How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare, check symptoms and possible triggers.
3. Record medications and timing to help monitor treatment response.
4. Bring it to appointments so your rheumatologist can track patterns over time.
5. Call immediately for vision changes, breathing difficulty, severe gland swelling, or worsening swallowing problems.