

Positive Options for Sjogren's Syndrome

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著者:Dyson, Sue

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Sjogren's (pronounced "show-grins") syndrome, the most common autoimmune disease after rheumatoid arthritis, can affect both sexes and all races and strike any age from children to the elderly. In Sjogren's Syndrome, the body's immune system attacks its own moisture-producing glands. This book, written by a woman who has Sjogren's, presents and evaluates a full range of treatment options, conventional and alternative, providing unbiased assessments of their possible benefits and side-effects. Author Sue Dyson discusses everything from how Sjogren's affects the body to exercise, pregnancy, and relationships.

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