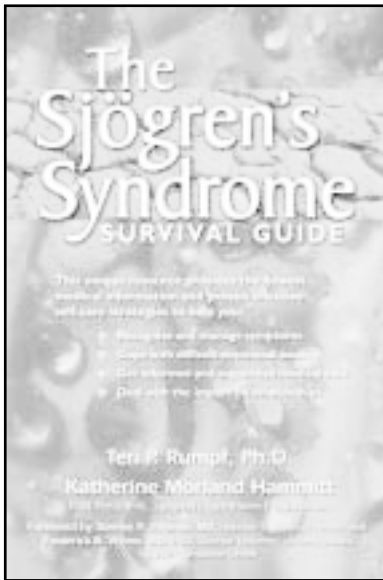


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We are pleased to announce the publication of
The
**Sjögren's Syndrome
Survival Guide**

Teri P. Rumpf, Ph.D. & Katherine Morland Hammitt

Your mouth is so dry that when you swallow it can feel like you're choking. It feels like sand or some other foreign body is lodged in your eyes. Low-grade fevers, facial numbness, and nausea are ordinary occurrences; and even though you're exhausted you have difficulty sleeping. Your regular doctor can't find anything wrong with you so he sends you to the first of any number of specialists who pronounce you disease free or suggest that perhaps stress is getting the better of you. This goes on for years.

No, this isn't a *Twilight Zone* episode or a dream sequence. It's the real-life experience of many of the approximately 4 million Americans who suffer from Sjögren's syndrome. More common than lupus or multiple sclerosis, Sjögren's syndrome is an autoimmune disease that is primarily characterized by a lack of moisture. At best, this means that sufferers experience severe eye and mouth dryness, which can lead to blurred vision, sensitivity to light, frequent cavities, and mouth ulcers. At worst, major organs can become moisture depleted and begin to function abnormally. Symptoms as disparate as hives, hair loss, dizziness, swollen glands, and nerve pain may also appear. Those with Sjögren's have a higher chance of developing lymphoma, and may suffer from other autoimmune diseases, such as scleroderma, rheumatoid arthritis, and Grave's disease.

Despite this, the prognosis is not necessarily a grim one. The vast majority of people with Sjögren's live long and productive lives. And now, with *The Sjögren's Syndrome Survival Guide* they have cutting-edge self-help techniques for coping with the physical and emotional symptoms that can erode quality of life. Written by two Sjögren's sufferers, this book shows readers how to find top-notch medical care; cope with depression and fatigue; find the best conventional and complementary treatments for physical symptoms; and get support from friends and family. Most importantly, it shows them how to keep their disease from defining who they are and what they can accomplish. When Sjögren's sufferers turn to this book they'll find a unique mix of real empathy and authoritative advice.

THE SJÖGREN'S SYNDROME SURVIVAL GUIDE
1-57224-356-2, (PAPER), \$15.95, 234 PAGES
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Suggested Interview Questions for **The Sjögren's Syndrome Survival Guide**

1. Let's start by getting a clearer understanding of Sjögren's syndrome. What kind of disease is it, what are some of the most common symptoms, and who is most likely to get it?
2. You cite a recent study that reports that it took slightly more than six years for the average Sjögren's patient to obtain a diagnosis. Why is it so difficult to diagnose this illness and what are some of the tests that can detect it?
3. In your book you have a section called "Your Body and Sjögren's." How can Sjögren's affect major organs and other areas of the body?
4. You say that Sjögren's sufferers may suffer from other autoimmune diseases. What are some of them?
5. Imagine someone newly diagnosed with Sjögren's. What are a few things she needs to know to make the most of her relationship with her doctor and to be an effective medical advocate for herself?
6. *The Sjögren's Syndrome Survival Guide* includes a chapter entitled "Riding a Roller Coaster of Emotions." What are some of the difficult emotions that patients experience and what do you recommend for coping with them?
7. What are a few tips for coping with the physical symptoms of this illness?
8. What effect does Sjögren's have on the family and how can sufferers of this disease get support from family and friends?
9. What lifestyle changes can help sufferers of Sjögren's minimize the effects of their illness?
10. In the chapter, "Work and Disability" you talk about whether or not Sjögren's sufferers should tell supervisors, coworkers, and prospective employers about their illness. What are few things to consider when making this decision?

"Here, Sjögren's patients are provided with all the medical information, current treatments, and new research they need to understand the myriad manifestations of this disease and to obtain the right medical care. It skillfully and compassionately discusses the dynamics of living with Sjögren's and enables family and friends to understand the impact it has on everyone's life."

—**Elaine K. Harris, MA**, Founder, Sjögren's Syndrome Foundation,
Editor, "The New Sjögren's Syndrome Handbook"

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About the Authors of **The Sjögren's Syndrome Survival Guide**

Teri P. Rumpf, Ph.D., is a clinical psychologist and writer who has done research and authored numerous articles and essays on the psychological aspects of illness. Formerly on the faculty of the University of Massachusetts Medical Center and in private practice, she was interested in how illness affects life long before she heard of Sjögren's syndrome or knew she would have it.

Katherine Morland Hammitt, MA, a journalist and Past President of the Sjögren's Syndrome Foundation, currently serves as its public policy director. She is also a member of the coordinating committee for research in autoimmune diseases for the National Institutes of Health and helped author its strategic research plan. Her interest in and advocacy for Sjögren's syndrome spring from her own experience with the illness. She has devoted nearly twenty years to improving diagnosis and treatment and finding a cure for all those who suffer from this serious disease.

What's Been Said About **The Sjögren's Syndrome Survival Guide**

"A must-read for Sjögren's syndrome patients and healthcare professionals alike. The information and coping skills are invaluable."

—**Rhoda Dennison**, Longtime Sjögren's Patient Advocate

"This book is truly a blessing for both Sjögren's patients and those who treat and/or live with them. This excellent resource contains a wealth of knowledge about the disease in an easy-to-understand format."

—**Dr. Nelson L. Rhodus**, Distinguished Professor and Director of Oral Medicine,
University of Minnesota, SSF Medical Advisory Board

"*The Sjögren's Syndrome Survival Guide* is extremely complete and comprehensive and does a great job of 'demystifying' Sjögren's for patients."

—**Lisa Fitzgerald, MD**, Rheumatologist at Beth Israel Deaconess Medical Center,
Assistant Professor of Medicine, Harvard Medical School

"A wonderful resource in a highly readable format addressing all aspects of Sjögren's. It includes clear and practical advice to allow people to take control of this syndrome and enjoy enormous improvements in the quality of life."

—**Joan Manny, RN**, Sjögren's syndrome advocate since 1983; Sjögren's syndrome
support group leader for 10 years

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