

Spotlight on Sjögren's

A NEW real-world study exploring the experiences of 1155 people living with Sjögren's disease[1,2]

NOVARTIS

in partnership with the Sjögren's community

Objectives[1,2]

The aim of the ***Spotlight on Sjögren's*** study is to better understand the burden of the disease, unmet needs, and treatment satisfaction.

Study description[1,2]

Design

- A non-interventional, real-world study of adults diagnosed with primary Sjögren's disease
- Developed in partnership between Novartis and the Sjögren's community, including patients and health care professionals
- Data were collected from December 2023 to September 2024

Participants

1155 adults (aged ≥18 years) diagnosed with Sjögren's from the following countries:



Partnerships

The Sjögren's Foundation, Japanese Sjögren's Association for Patients, Asociación Española de Sjögren, and Sjögren's UK.

The *Spotlight on Sjögren's* study underscores the need for comprehensive and patient-centered care to address the physical and emotional burden of Sjögren's, targeting the underlying systemic disease and not only alleviating symptoms.[1,2]

Among people living with Sjögren's:

More than **9 out of 10** experienced at least 1 other systemic manifestation in addition to dryness.[1*]



58% reported a high impact on emotional well-being.[1]

94% were not fully satisfied with the available range of therapies. Most felt that current treatments only addressed symptoms, not the underlying cause or systemic nature of the disease.[2†]



preventing disease worsening is the main treatment goal.[2]

*94% of patients reported at least one systemic manifestation in addition to dryness.[1]

†Despite existing treatments, 94% weren't fully satisfied with the therapies available for managing Sjögren's symptoms. Among those not fully satisfied, 53% felt current treatments only addressed symptoms and not the underlying cause or systemic nature of the disease.[2]

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Scan to download abstracts of the *Spotlight on Sjögren's* study

Real-world insights into the burden of Sjögren's disease: a patient-centered analysis

Global link to abstract 761:
https://medcommshydhosting.com/RheumCongress2025/B761_Burden_of_SjD_abstract.pdf

Real-world insights into the treatment satisfaction and unmet needs of Sjögren's disease: a patient-centered analysis

Global link to abstract 774:
https://medcommshydhosting.com/RheumCongress2025/B774_UnmetNeeds_of_SjD_abstract.pdf

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References: 1. Marvel J et al. EULAR European Congress of Rheumatology. 11-14 June, 2025; Barcelona, Spain. Abstract 761. **2.** Marvel J et al. EULAR European Congress of Rheumatology. 11-14 June, 2025; Barcelona, Spain. Abstract 774.

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1155 adults (aged ≥18 years) diagnosed with Sjögren's from the following countries:

China, France, Germany, Italy, Japan, Spain, United Kingdom, USA

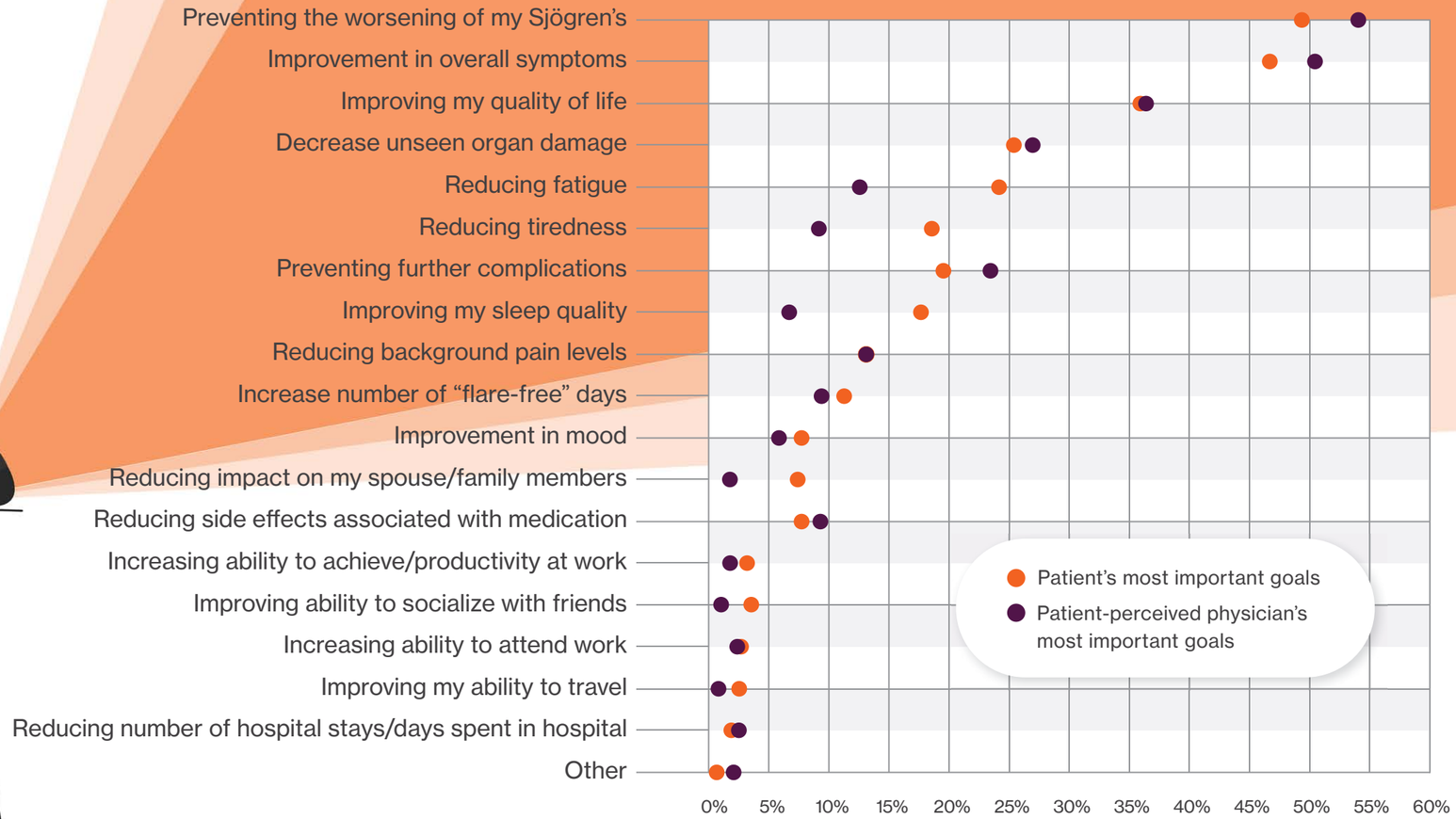
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Patient priorities and perceived physician goals are not always aligned[2]



Most important treatment goals for Sjögren's therapy (% ranking in top 3)



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