

# HEALTH TIPS FROM **DR. A**



**Kenneth C. Andronico**  
**DO, FICS**

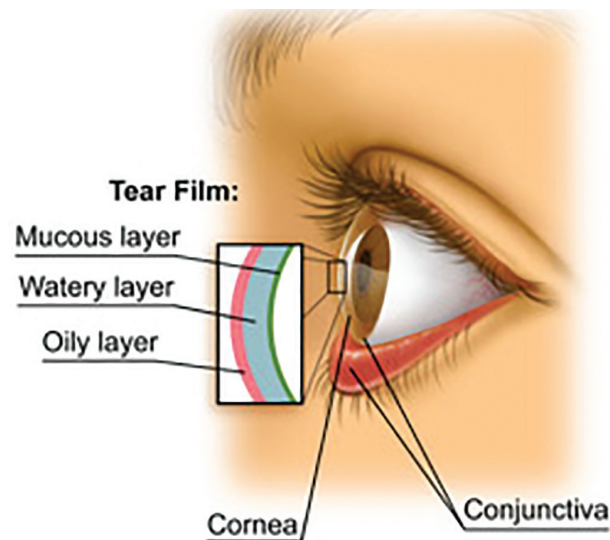
*Rejuva-Med.com*

**813-907-0950**

28945 STATE ROAD 54

SUITE 101

WESLEY CHAPEL, FL 33543



**M**ost healthy people seldom give much thought to the automatic functions of our bodies. Functions, like saliva production and tear production are complicated processes, which healthy bodies seem to do effortlessly. Salivary glands produce the saliva, which keep our mouths protected from bacteria. Lacrimal tear glands, located above each eyeball, continuously supply tear fluid, which is wiped across the surface of the eye each time we blink and excess fluid is drained through the tear ducts into the nose. When these glands are working properly, people often take for granted that their salivary glands constantly produce the fluids that keep their mouths moist and clean, and their tear glands consistently produce a slow, steady flow of tears to lubricate the eyes, so they stay comfortable and healthy. Unfortunately for some, this is not always the case. It is when this production of saliva and tears is disrupted that we come to realize just how important fluids are in our overall health and well-being.

Sjögren's Syndrome is a chronic, slow, progressive, inflammatory, autoimmune disorder that infiltrates the salivary and lacrimal (tear) glands, causing

dry eyes and dry mouth. It has been estimated that up to 4 million Americans are afflicted with Sjögren's Syndrome, but only 1-2% of the population has been diagnosed. Because the disorder can be difficult to diagnose, the incidence of the disease may be considerably higher. Sjögren's Syndrome primarily affects women with symptoms most often beginning between the ages of 40-60, predominantly in peri/post-menopausal women, but symptoms can also be seen in young women in their 20s and 30s.

Other symptoms of Sjögren's Syndrome can include dry skin, a chronic cough, vaginal dryness, numbness in the arms and legs, feeling tired, muscle and joint pains and thyroid problems. While the exact cause is unclear, it is believed to involve a combination of genetics and environmental triggers, such as exposure to a virus or bacteria. The inflammation that results progressively atrophies and damages the glands. Since the symptoms of this autoimmune disorder are very common and mostly observed from the age of 40 and above, it is often mistaken as age-related, and thus ignored. Some medications can also cause symptoms that are similar to those of Sjögren's Syndrome. Fortunately, there

are a combination of various tests which can help lead to the diagnosis of Sjögren's Syndrome.

As an Eye Physician & Surgeon with over 35 years of experience, who specializes in Cornea Disease and Dry Eye Specialist, Dr. Andronico treats Sjögren's Syndrome and uses specific

approaches to diagnose and treat this inflammatory autoimmune disease. If you experience dry eyes, dry mouth, vaginal dryness, or any of the symptoms above, call Dr. Andronico for a comprehensive evaluation at (813) 907-0950.

**Serving Wesley Chapel**

**Receive 10% OFF for New Customers**

# BP Care

**Lawns for less, pressure wash the rest!**

**Brian Peeples**  
Owner

**Services Offered**

- Lawn Care & Maintenance
- Pressure Washing
- Tree Services

**Free Estimates**  
**Call 813-997-1479**  
**Senior Discounts Available**