

Fast Facts

Lupus

- Also called systemic lupus erythematosus or SLE
- Autoimmune disorder in which your immune system attacks your tissues and organs
- Affects different parts of your body (joints, skin, kidneys, blood cells, brain, heart, lungs)
 - Can develop suddenly or slowly, be mild or severe and temporary or permanent
- Often mild to no symptoms with periods where symptoms get worse for a while (flares) before getting better or disappearing again
- Exact cause unknown (thought to be an inherited disorder that gets triggered by something)
- High risk groups: women, being between the ages of 15 – 45 and being African-American, Asian-American or Hispanic

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>Most common symptom: facial rash that resembles the wings of a butterfly unfolding across your cheeks</p> <p>-Other common symptoms: fatigue, fever, joint pain/swelling/stiffness, skin lesions (appear or worsen after being in the sun), Raynaud's phenomenon (fingers/toes turning white/blue when exposed to cold or during high stress), shortness of breath, chest pain, dry eyes, headaches, confusion and memory loss</p>	<p>Medications:</p> <ul style="list-style-type: none"> -Nonsteroidal anti-inflammatory drugs (NSAIDs) -Antimalarial -Corticosteroids -Immunosuppressants <p>Non-Medication:</p> <ul style="list-style-type: none"> -See your doctor on a regular basis -Eat healthy -Get regular exercise -Not smoking -Wear sunscreen (at least SPF 55) and protective clothing (pants, long-sleeve shirt and hat) when outside -Talk about your lupus to a therapist, in a support group and with your family and friends 	<ul style="list-style-type: none"> -Live a healthy lifestyle by eating right, exercising and not smoking -Protect your skin from the sun with sunscreen and protective clothing

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