

SHINING A LIGHT ON LUPUS

National Lupus Awareness Month

1.5 Americans and 5 Million Globally Have Lupus

Lupus is an autoimmune disease where the body's immune system becomes hyperactive and attacks normal, healthy tissue which may result in damage to joints, skin, kidneys, blood, the heart, and lungs. May is Lupus Awareness Month, a month to increase public attention to Lupus by providing others with information. Join the nationwide awareness and learn how you can educate your patients on Lupus facts, symptoms, diagnosis and next steps.

01 | Lupus Facts

- Lupus is not contagious
- Lupus is not related to cancer
- Lupus is not related to HIV
- More than 16,000 new cases are reported annually
- Lupus strikes mostly women of child bearing age (15-44)
- Women of color are two to three times more likely to develop lupus
- People of all races and ethnic groups can develop lupus

02 | Common Symptoms

- Extreme fatigue
- Headaches
- Painful or swollen joints
- Fever
- Anemia
- Swelling in feet, legs, hands, and/or around eyes
- Pain in chest on deep breathing
- Butterfly-shaped rash across cheeks and nose
- Sun or light sensitivity
- Hair loss
- Abnormal blood clotting
- Fingers turning white and/or blue when cold
- Mouth or nose ulcers

03 | Diagnosis

If your medical provider is considering the possibility of Lupus, they will carefully evaluate signs of inflammation which include, pain, heat, redness, swelling, and loss of function in the body. Since inflammation can occur both on the inside and outside of your body, your medical provider may perform additional tests in order to determine a diagnosis

04 | Next Steps

Speak with your medical provider regarding diagnosis and possible treatment options. In the event of a Lupus diagnosis, request that your medical provider assist you in establishing a team of providers that will aid in your treatment.

For additional Lupus resources, visit www.lupus.org

Did You Know?

90% of those diagnosed with Lupus are women

References

<http://www.lupus.org/answers/entry/diagnosing-lupus>

<http://www.mayoclinic.org/diseases-conditions/lupus/basics/definition/con-20019676>