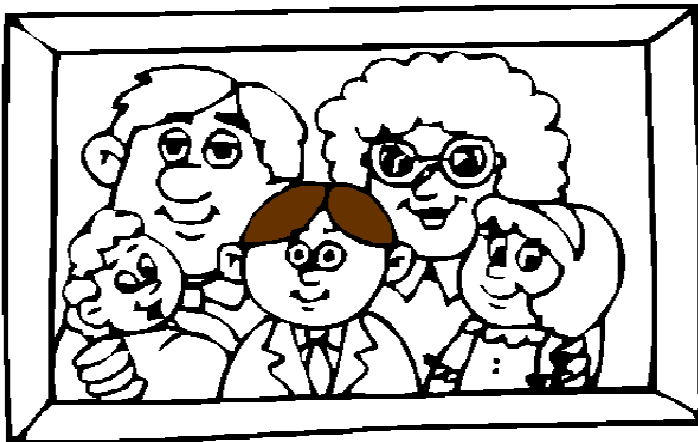


How can I help a person with Lupus?

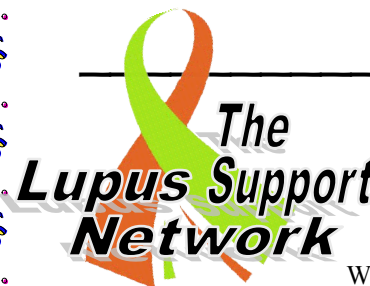
- Play quietly when they need rest.
 - Don't make a mess.
 - Let them sleep late.
- Use QUIET TIME wisely.
- Answer the telephone and take messages.
 - Draw them pictures.
- Bring them a glass of water.
- Understand how they feel.



LUPUS LEWEY EDUCATING CHILDREN ABOUT LUPUS



This Book Belongs To:



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Lupus Causes people to:



1. Have pain in their legs, ankles and hands.
2. Be tired.
3. Have a red rash and sores on their face.
4. Have fevers.
5. Have cold, blue fingers and toes.
6. Feel sick when they are in the sun.
7. Forget things.
8. Feel achy.
9. Have trouble breathing.
10. Take lots of naps.

Word List.

Some words people with lupus use.

- Photosensitivity—The way your body reacts to the sunlight
- Flare-When the disease acts up and you feel sick.
- EEG-A test you take to measure your brain waves. (It doesn't hurt)
- EKG-Another test that doesn't hurt. This one measures how your heart is moving.
- Hematologic-This means having to do with the blood.
- MRI-Another kind of test that takes a picture of your brain Cool! (It doesn't hurt either).
- Neurological—It means having to do with your brain.
- Renal—Having to do with the kidneys.

Lupus can attack a persons organs causing them to not work right. If a persons organs are not working right, then a person with lupus is really sick and must go to the doctor to make the organ start working again.

HUMAN ORGANS

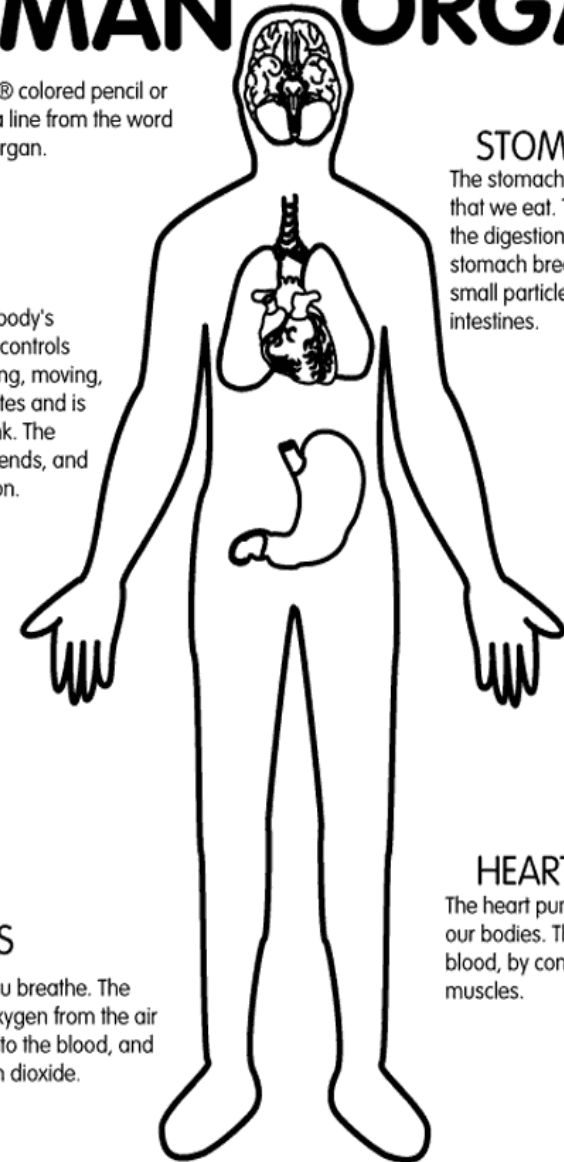
With a Crayola® colored pencil or marker, draw a line from the word to the correct organ.

BRAIN

The brain is the body's control center. It controls all thinking, feeling, moving, and communicates and is the memory bank. The brain receives, sends, and stores information.

STOMACH

The stomach collects the food that we eat. This is important in the digestion process. The stomach breaks down food into small particles to travel into the intestines.



LUNGS

Lungs help you breathe. The lungs bring oxygen from the air we breathe into the blood, and exhale carbon dioxide.

HEART

The heart pumps blood through our bodies. The heart pumps blood, by contracting muscles.