

Living With Lupus:

Warning signs of a flare:

- Increased fatigue
- Pain
- Rash
- Fever
- Abdominal discomfort
- Headache
- Dizziness

Preventing a flare:

- Learn to recognize your warning signals
- Maintain good communication with your doctor
- Receive regular preventive health care
- Develop strategies for maintaining wellness (pay close attention to your mind, body and spirit)
- Develop and maintain a good support system of family, friends, and medical professionals
- Stay informed. Studies show that patients who participate in their health care do much better than those who don't.

Other ways to maintain your health:

- Eat a healthy diet
- Exercise (within your limits)
- Use sunscreen everyday
- Take extra care with your skin and the products you use
- Maintain a healthy mental attitude

Diagnosis:

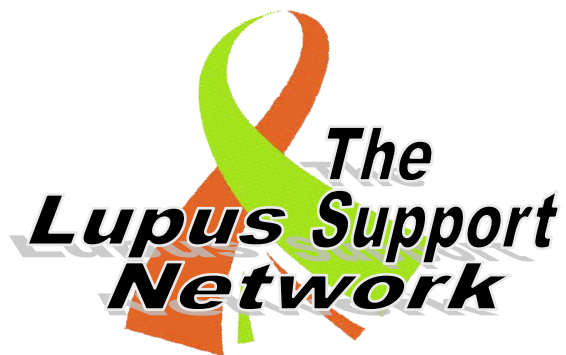
Many of those affected have mild illness. With research advances and a better understanding of lupus, the prognosis for people with lupus is better today than it was even 20 years ago. It is possible to have lupus and remain active and involved with life, family and even work. There is continued hope for new treatments; improvements in quality of life; and ultimately a way to prevent or cure the disease.



CFC # for Donations:

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*previously: NW FL Lupus Foundation
For more information on how to
make a donation please call our office.



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Introduction to Lupus

More people have lupus than AIDS, cerebral palsy, multiple sclerosis, sickle-cell anemia and cystic fibrosis combined.



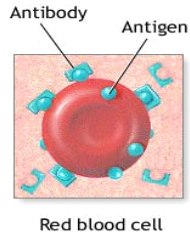
Butterfly Rash

Symptoms of Systemic Lupus Erythematosus vary widely with the individual

What is Lupus?

A chronic, inflammatory **auto-immune** disorder that may affect many organ systems including the skin, joints, and internal organs.

Auto-immune: Disorders caused by an immune response against the body's own tissues.



An antibody is a protein produced by the immune system in response to the presence of an antigen

ADAM

Alternative names: Disseminated lupus Erythematosus,; SLE; Lupus; Lupus erythematosus.

Causes: Normally the immune system controls the body's defenses against infection. In system lupus erythematosus, (SLE) and other auto-immune Diseases, these defenses are turned against the body when antibodies are produced against its own cells. These antibodies fight against the body's blood cells, organs, and tissues, causing chronic diseases.

This disease affects 9 times as many women as men. It may occur at any age, but appears mostly in people between the ages of 10 and 50.

The symptoms and course of the disease varies from person to person. Symptoms are characterized by remissions and exacerbation, called flares. At its onset, only 1 organ may be involved. Additional organs may become involved later.

Types of Lupus:

- Cutaneous also know as Discoid
- Drug induced (Most commonly connected with hydralazine and procainamide. Normally goes away when the offending drug is stopped)
- SLE (systemic lupus erythematosus)

Symptoms:

Common symptoms:

- Painful or swollen joints and muscle pain
- Unexplained fever
- Red rashes, most commonly on the face
- Chest pain upon deep breathing
- Unusual loss of hair
- Pale or purple fingers or toes from cold or stress (Raynaud's phenomenon)
- Sensitivity to sun
- Swelling (edema) in legs or around eyes
- Swollen glands
- Extreme fatigue
- Weight loss (extreme)
- Skin rash

Less common symptoms:

- Kidneys—inflammation of the kidneys (nephritis). Only 50% of lupus patients have kidney involvement
- Lungs—pleuritis, inflammation of the lining of the chest cavity
- Central nervous system involvement—headaches, dizziness, memory disturbances, vision problems, stroke or changes in behavior. Only 25% of lupus patients have CNS involvement.
- Blood vessels—anemia, leucopenia (a decreased number of white blood cells, or a decrease in the number of platelets (thrombocytopenia). Up to 85% of lupus patients are affected by blood disorders.
- Heart—inflammation can occur in the heart itself (myocarditis and endocarditis) or the membrane that surrounds it (pericarditis) causing chest pains or other symptoms

Diagnosis:

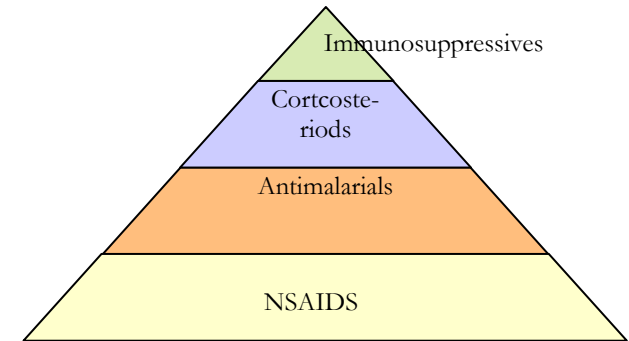
Diagnosing lupus can be difficult and may take months or even years for doctors to piece together the symptoms to diagnose this complex disease. The diagnosis of SLE is based upon the manifestations of at least 4 out of 11 typical characteristics of the disease. Tests to determine the presence of these disease manifestations may vary but will include some of the following:

- Antinuclear antibody panel (ANA)
- Erythrocyte sedimentation rate (ESR)
- Rheumatoid factor

- Complement component 3 (C3)
- Anti-DNA
- Anti-Sm
- Anti-RNP
- Anti-Ro (SSA)
- Anti-La
- Chest x-ray showing pleuritis or pericarditis
- Urinalysis to show blood, casts, or protein in the urine
- CBC (complete blood count) showing a decrease in some cell types
- Mononucleosis spot test

Treatment:

Several types of drugs are used to treat lupus. The treatment path resemble a pyramid with treatment beginning at the bottom and progressing upwards when necessary.



NSAIDS: Celebrex, Motrin, Naprosyn, clinoril, Voltaren, Relafen, Daypro

Antimalarials: Plaquenil

Corticosteroids: Prednisone

Immunisuppressives: Cytoxan, Imuran, Cell-cept