

Is There A Cure For Lupus?

At this point, lupus cannot be cured. However, in many cases, signs of the disease can be relieved. The good news is that with the correct medicine and taking care of themselves most lupus patients can hold a job, have children, and lead a full life.



Outlook

The outlook for lupus patients has greatly improved. Research doctors supported by the National Institutes of Health have learned a great deal about lupus and are studying new ways to treat, and hopefully, prevent the disease.. The future holds great promise for improving the health of all Americans who have lupus

Awareness

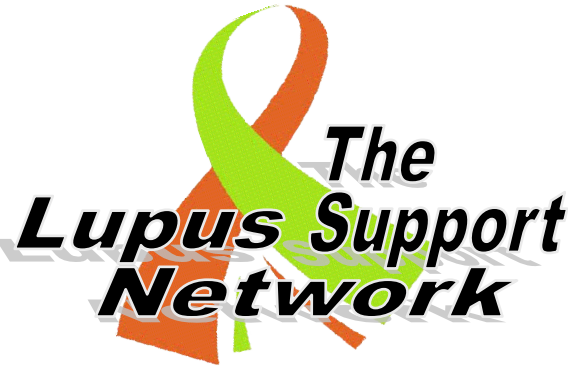
Please share this information with your family and friends. Someone you know or care about may have lupus!



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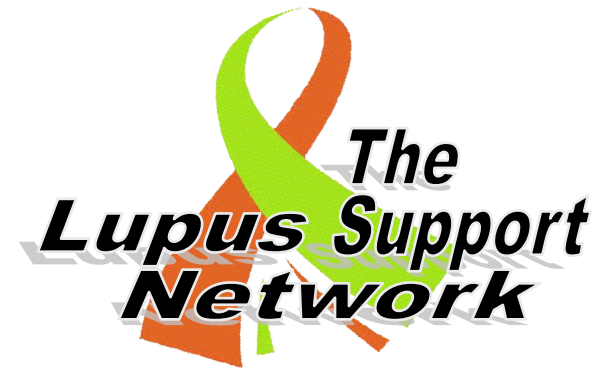
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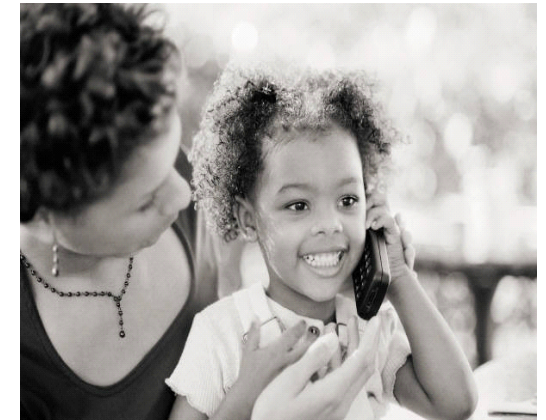
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What Women of Color Should Know About Lupus



Do you or someone you know have signs of lupus?

Lupus is a serious health problem that mainly affects young women. However, lupus is **three** times more common in black, Asian and Native American women than Caucasian women.

What is Lupus?

Lupus is a disease that can affect many parts of the body. It may affect the joints, the skin, the kidney, the lungs, the heart, or the brain. In most people only a few of these parts of the body are affected. In lupus, something goes wrong with the body's immune system and this powerful protective system is no longer able to defend the body against illness. We can think of the immune system as an army within the body with hundreds of soldiers (known as antibodies.) They defend the fort or body from attack by germs and viruses. However, the immune system sometimes becomes overactive and goes out of control. The soldiers (antibodies) attack healthy tissues in the body. This attack causes redness, pain, and swelling (inflammation) in certain parts of the body. The tendency for the immune system to become over active may run in families.

What Are The Signs of Lupus?

Common signs of systemic lupus are:

- Red rash or color change of the face, often in the shape of a butterfly across the bridge of the nose
- Painful or swollen joints
- Unexplained fever
- Chest pain with breathing
- Unusual loss of hair
- Pale or purple fingers or toes from cold or stress
- Sensitivity to the sun
- Low blood count

The signs are more important when they occur together. Other signs of lupus can include mouth sores, unexplained fits or convulsions; hallucinations or depression; repeated miscarriages; unexplained kidney problems.

What causes Lupus?

We don't know what causes the immune system to become overactive. In some cases, lupus becomes active after exposure to sunlight, infections or medications.

Is Lupus catching?

No, lupus is not catching. You can't give it to someone else. It is not a form of cancer. It is not AIDS.

How serious is Lupus?

Signs of lupus tend to come and go. There are times when the disease quiets down or goes into remission. At other times, lupus flares up or becomes active. Years ago, many people with lupus died. Now, with early medical care most people with the disease can lead active, productive, and fulfilling lives.

Are there different kinds of Lupus?

There are three types of lupus: lupus that affects certain parts of the body (systemic lupus), lupus mainly of the skin (discoid or cutaneous lupus), and lupus caused by medicine (drug-induced lupus).

Systemic lupus is the most serious form of the disease. Systemic means that it may affect many parts of the body, such as the joints, skin, kidneys, lungs, heart and brain. This type of lupus can be mild to serious. If it is not treated, systemic lupus can cause damage to the organs inside your body.

Discoid and cutaneous lupus mainly affects the skin. The person may have a red rash or a color change of the skin or face, scalp, or other parts of the body.

Lupus caused by a small number of prescription medications is called **drug-induced lupus**. The persons with drug-induced lupus may have the same symptoms as the person with systemic lupus. Usually, when the medicine is stopped, the disease goes away. Drug-induced lupus is usually found in older men and women of all races.

Do men get Lupus?

Yes, men get all forms of lupus. However, 9 out of 10 people who have lupus are women.

Does Lupus run in families?

Most relatives of lupus patients do not develop the disease, but in some families more than one member gets lupus. If a relative of a lupus patient develops signs of lupus, she or he should see a doctor.

Does sunlight cause Lupus?

In some people, being in the sun may bring on an attack of lupus.

What should you do if you think you have Lupus?

You should see a doctor or a nurse and be examined and tested for lupus. Many people have lupus for a long time before they find out about it.



How is Lupus treated?

The doctor may treat each lupus patient in a different way because the signs of lupus often differ from one person to another. The doctor may give aspirin or similar medicine to treat the fever and the painful swollen joints. Creams may be prescribed for the rash, and stronger medicines prescribed for more serious problems.

In addition to medicine, lupus patients may need extra rest. However, in spite of their disease, they should try to be as active as possible.