



"Happiness is nothing more than good health and a bad memory." - Albert Schweitzer

Lupus Awareness Month is May

Lupus

Lupus is a chronic inflammatory disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems — including your joints, skin, kidneys, blood cells, brain, heart and lungs.

Types of Lupus:

The four main types of lupus are:

- ✚ Systemic lupus erythematosus (SLE).
- ✚ Discoid lupus erythematosus (DLE).
- ✚ Drug-induced lupus.
- ✚ Neonatal lupus.

Causes:

The cause of lupus is unknown. However it appears that genes may play a role, in conjunction with triggers such as an illness, injury or a period of stress.

It is believed genes you inherit from your parents make you more susceptible to Systemic lupus erythematosus (SLE) because evidence shows:

- ✚ If you have an identical twin with SLE you have an estimated one-in-four chance of developing the condition yourself.
- ✚ Rates of SLE vary widely among different ethnic groups.

Symptoms of Lupus:

The three primary symptoms of SLE are:

- ✚ Fatigue.
- ✚ Joint pain.
- ✚ Skin rashes.

A host of different symptoms can occur, but one person is unlikely to have all of them. The symptoms of lupus may include:

- ✚ Skin rashes (both on the face and body).
- ✚ Joint and muscle pain.
- ✚ Fatigue.

- ✚ Hair loss (alopecia).
- ✚ Mouth and nose ulcers.
- ✚ Chest pain (as a result of inflammation of the lining of the heart or lungs).
- ✚ Anemia (a deficiency in the number or quality of red blood cells).
- ✚ Poor kidney function.
- ✚ Seizures or visual disturbances (resulting from inflammation of the nervous system).
- ✚ High temperature (fever) of 38° C (100.4° F) or above.
- ✚ Swollen lymph glands (small, bean-shaped glands found throughout your body, including your neck, armpits and groin).
- ✚ High blood pressure (hypertension).
- ✚ Depression .
- ✚ Dry eyes.
- ✚ Memory loss.
- ✚ Headaches and migraine.
- ✚ Shortness of breath due to lung inflammation, heart involvement or anaemia – a condition where a lack of red, oxygen-carrying blood cells can cause fatigue and shortness of breath.
- ✚ Raynaud's phenomenon – a condition that limits the blood supply to your hands and feet when it is cold.
- ✚ Ankle swelling and fluid retention (oedema).

Coping and support:

To help you cope with lupus, try to:

- ✚ Learn all you can about lupus.
- ✚ Gather support among your friends and family.
- ✚ Take time for yourself.
- ✚ Connect with others who have lupus.

Things to remember:

- ✚ Lupus is an autoimmune disease that can be mild or life-threatening.
- ✚ The most common forms of lupus are the milder forms, and most people with lupus enjoy a full life.
- ✚ There is no cure, but lupus and its symptoms can be controlled with medication.
- ✚ Discoid lupus erythematosus is a chronic skin condition in which reddened scaly patches develop in sun-exposed areas of the body such as the face and hands.
- ✚ Staying out of the sun is perhaps the most important thing you can do to manage DLE.
- ✚ Certain medications can provoke SLE-like symptoms (drug-induced lupus), which then disappear once the medications are stopped.
- ✚ Neonatal lupus sometimes appears as a rash at birth, or developing soon after, and can last several months before disappearing.

Reference Links:

- ✚ <http://www.nhs.uk/Conditions/Lupus/Pages/Symptoms.aspx>
- ✚ http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Lupus_explained
- ✚ <http://www.mayoclinic.org/diseases-conditions/lupus/basics/coping-support/con-20019676>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.