



Lupus fact sheet

What is lupus?

Lupus is a **chronic autoimmune disease** that can affect any part of the body. An autoimmune disease is when the immune system attacks healthy cells, causing inflammation. The immune system cannot tell the difference between the body's own healthy cells and foreign invaders.

Who is at risk for lupus?

Lupus can affect anyone, regardless of their age and gender. However, lupus is most common in **women** of childbearing age and most often diagnosed between the **ages of 15-44**. Additionally, **Latinas** are **2-3** times more likely to have lupus compared to White women.



What are periods of remission and flare?

When people have lupus they experience changes in their symptoms, called remissions and flares.



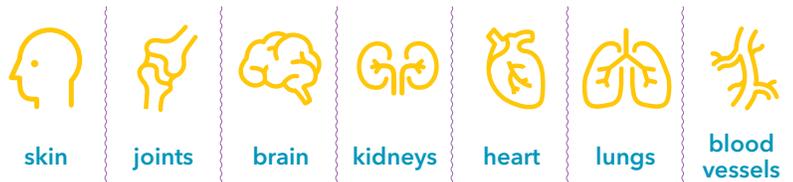
Remission is when a person with diagnosed lupus is feeling well and the immune system is not attacking the body.



Flare is when the immune system attacks the body and causes inflammation. A person with lupus will feel sick from their lupus.

What are the signs and symptoms of lupus?

Lupus can affect any part of the body including



Lupus symptoms may resemble other symptoms of other illnesses, making it hard to diagnose.

Common signs and symptoms

- > Feeling very tired
- > Losing weight
- > Fever
- > Swelling in the joints
- > Pain in joints and muscles
- > Rash on the face shaped like butterfly
- > Rashes on the body
- > Shortness of breath

Less common signs and symptoms

- > Headaches
- > Dizziness
- > Confusion
- > Seizures

What are common lupus treatments?

Lupus treatments are unique to each person with lupus. Lupus treatments generally consist of **medication and maintaining a healthy lifestyle**. Some of the common medications used by doctors to treat lupus include non-steroidal anti-inflammatory drugs like Advil, anti-malarial drugs, corticosteroids like prednisone, and immunosuppressive drugs.

Lifestyle changes that may help manage lupus include:



Getting rest



Exercising



Sun protection



Eating healthy



Avoiding tobacco



Medical visit

If you or someone you know suspects lupus, it is best to make a list of symptoms you are experiencing including the frequency of symptoms and potential triggers. Next, schedule an appointment with your medical provider and discuss your symptoms with him/her.