The Mystery of Lupus

by NEWLIFEOUTLOOK TEAM

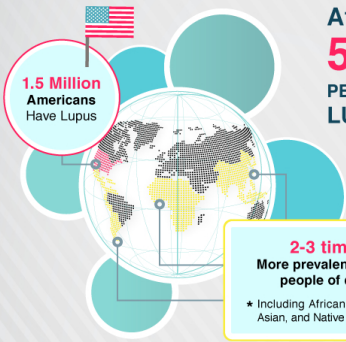
Identifying Lupus Despite Its Uniqueness

When looking back at your lupus diagnosis, it may be easy to blame the doctor for not getting it right the first time. Identifying lupus is largely done by ruling out the illnesses that could also be causing the same or similar symptoms. You may also be on different treatments to keep the variety of symptoms in check. Be sure to talk to your doctor and fully understand how the medications you're on may interact with each other. Write down your medications beforehand and make notes about what to expect or what each medication is for. Doing so might even cause the doctor to realize that putting you on a different medication might be a better for how the rest of your medications will interact.

LUPUS

A CLOSER LOOK AT THE AUTOIMMUNE CONDITION

Lupus is a chronic, autoimmune disease that damages cells and tissues, potentially affecting any part of the body. In an autoimmune disease, your immune system cannot tell the difference between foreign invaders and the body's own healthy tissues. So the body creates autoantibodies that attack otherwise healthy tissue within the body. These autoantibodies cause inflammation, pain, and damage in various parts of the body, specifically the joints, skins, kidneys, lungs, heart and nervous system.



1.5 Million
Americans
Have Lupus

At least
5,000,000
PEOPLE SUFFER FROM LUPUS GLOBALLY

90%
Lupus patients
ARE WOMEN

2-3 times
More prevalent among people of color
* Including African, Hispanic, Asian, and Native American.

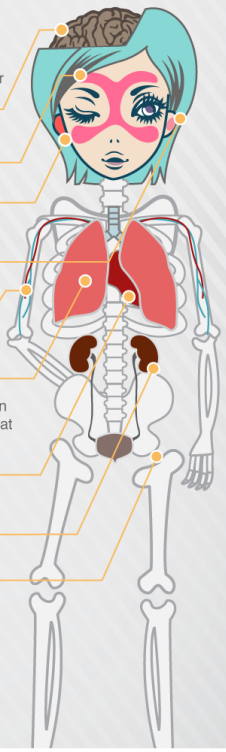
10 - 15 %
Lupus patients die
Prematurely Due To Complications From Lupus.

Lupus is like a snowflake.
NO TWO CASES ARE ALIKE.

SYMPTOMS

Many symptoms of systemic lupus erythematosus (SLE) mimic those of other illnesses making lupus a difficult disease to diagnose. The diagnosis of lupus is based on a combination of physical symptoms and laboratory results. For most people it takes multiple tests to confirm a Lupus diagnosis.

When four or more of the following symptoms are present, it is generally recommended to consult with a rheumatologist.



Neurologic problems includes headaches and difficulty with memory or concentration and numbness of limbs.

Butterfly-shaped rash across cheeks and nose.

Sunlight sensitivity of the skin.

Scaly disk-shaped rash on face, neck, ears, scalp, chest.

Blood problems such as anemia or low white cell count.

Lung problems such as stabbing chest pain or shortness of breath.

Heart problems such as sudden pain in the center of the left side of the chest that may spread to the neck, back, shoulders, or arms.

Kidney disease that leads to weight gain and swelling (edema).

Arthritis such as pain in joints.

Diseases that are commonly misdiagnosed as lupus:
1. Lyme's Disease
2. Multiple Sclerosis
3. Fibromyalgia

Provided By Avail Clinical | www.AvailClinical.com

SOURCES: www.Lupus.org, www.womenshealth.gov
about.com, redbumpsonskin.net

Avail Clinical Research
An Accel Research Site