



## Popular Resources for You, Your Family and Friends

by NEWLIFEOUTLOOK TEAM

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### Lupus Resources to Help You to Understand, Cope, and Communicate

Whether you've just been diagnosed or have lived with lupus for years, knowing where to go when you need help is really important. Foundations, such as the Lupus Foundation of America, can be used for information but can also allow you or your family and friends to contribute in some way to help raise money for research or just to raise awareness.

It's important that you feel you have somewhere to go or someone you can talk to and know that you'll get the help you need. That way you can feel stronger to try different recommendations that may help reduce your symptoms.

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Lupus Foundation of America

## Resources for People Living with Lupus and their Families



### LUPUS.ORG

Find a Chapter. Learn more about lupus and LFA's national education programs



### TALK TO A HEALTH EDUCATOR

Call 1(800)-558-0121



### LFA CENTER FOR CLINICAL TRIALS EDUCATION

Learn about lupus clinical trials, visit [lupus.org/clinicaltrials](http://lupus.org/clinicaltrials)



### LUPUS NOW<sup>®</sup> MAGAZINE

Reliable information for people living with lupus and health professionals, visit [lupusnow.org](http://lupusnow.org)

Source: *Lupus Foundation of America*