



Lupus

What I need to know about its Self-Management?

An Educational Leaflet on
Self-Management of Lupus



MYTHS	VS	FACTS ^{1,2}
Lupus is contagious		Lupus is an autoimmune disease. It's not caused by a virus, bacteria, or other infectious agent.
Only women get lupus		Lupus primarily affects women (up to 90%) more than men
Lupus is like HIV		Causes, Symptoms, and Actions are different. In lupus, immune system is hyperactive
Women with lupus can't have babies		Lupus doesn't cause infertility but can complicate conception for women due to increased estrogen levels
Everyone with lupus gets a butterfly-shaped rash across their cheeks and nose		Around 50% of individuals with lupus experience a butterfly or malar rash
Lupus affects only joints		Lupus commonly affects the joints as a primary area and many lupus patients have arthritis, but it can also lead to immune system attacks on other parts of the body

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Self-Management³



Protect skin from the sun every day

Before taking a medication, Ask if it can increase light sensitivity



Ask the dermatologist if need a vitamin D supplement

Protect skin from the cold if have a Raynaud's phenomenon



Before trying any herb, vitamin, or other alternative treatment, tell your dermatologist

Connect with others who have lupus



Stop touching the patches and rashes on the skin

Lifestyle Changes⁴

Reduce Stress to Reduce
Lupus Flares



Exercise for Stress Reduction
and Joint Health

Eat a Healthy Diet



Get Enough Sleep

Limit Time in the Sun



Don't Smoke

Don't plan a pregnancy
without talking to a doctor



References:

1. <https://www.urgentcare-sj.com/blog/myths-and-facts-about-lupus> access on 10/04/2023.;
2. <https://www.pacificrheumatologycenter.com/blog/myths-and-facts-about-lupus> access on 10/04/2023;
3. <https://www.aad.org/public/diseases/a-z/lupus-self-care> access on 10/04/2023.
4. <https://www.everydayhealth.com/lupus/pictures-of-tips-to-improve-living-with-lupus/> access on 10/04/2023.

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