

red rash
tired
joints
hurt
chest pain
thinning
hair

Maybe you have lupus?



Lupus is not contagious, but an autoimmune disease that triggers inflammation in different tissues of the body. Autoimmune disease happens when the body's immune system attacks its own tissues.

There are 4 Types of Lupus



SYSTEMIC—THE MOST COMMON TYPE OF LUPUS

- Affects the joints, skin, brain, lungs, kidneys & blood vessels

CUTANEOUS—AFFECTS THE SKIN AS A RASH OR LESION

- Can occur on any part of the body

DRUG-INDUCED—OCCURS WHEN TAKING CERTAIN MEDICATIONS

- Symptoms similar to systemic lupus
- Symptoms occur 3–6 months after starting a medication & will disappear once medication is stopped

NEONATAL—WHEN AN INFANT ACQUIRES SYSTEMIC LUPUS ANTIBODIES FROM A MOTHER

- Skin, liver & blood problems resolve by 6 months
- Infant may develop congenital heart block

**About 90%
of people
with lupus
are women.**

People with lupus may experience a variety of symptoms:

- Butterfly-shaped rash across the cheeks & nose
- Extreme fatigue
- Headaches
- Painful or swollen joints
- Fever
- Swelling (edema) in feet, legs, hands or around eyes
- Sun or light sensitivity
- Hair loss

Managing lupus:

- Talk to your doctor about all symptoms & concerns
- Get regular physical activity to help ease the pain
- Eat a variety of nutritious foods including fresh fruits & vegetables
- Don't smoke
- Know your family history
- Take medications as directed—even if you don't feel sick
- Limit exposure to sun—wear sunscreen
- Get plenty of sleep



Sources:

Centers for Disease Control and Prevention:
cdc.gov/lupus

Lupus Foundation of America:
resources.lupus.org

FloridaHealth.gov/lupus