

Lupus

Lupus is an autoimmune disease, a type of self allergy, whereby the Patient's autoimmune system creates antibodies which instead of protecting the person's body from bacteria and viruses it attacks the persons own body tissue.

Symptoms:

- Extreme fatigue
- Joint Pain
- Muscle aches
- Anaemia
- Depression
- Facial or other rashes
- Mouth ulcers
- General malaise &
- Can result in destruction of vital organs.

Lupus can mimic other diseases such as multiple sclerosis and rheumatoid arthritis.

Lupus can be triggered:

- At puberty
- After childbirth
- Through sunlight
- During menopause
- After a viral infection
- As a result of trauma

Currently there is no single test that can definitely say whether a person has Lupus or not, only by examination and consideration of symptoms and their history can a diagnosis be achieved.

Diagnosis is critical and any individual in whom Lupus is suspected should have a simple blood test performed.

People diagnosed with Lupus normally remain under medical care with continuing medication. Many symptoms have less impact as a result, but side effects can often occur. Lupus can adversely influence the lives of those that suffer the illness, their families and their friends.

Lupus is neither infectious nor contagious.

Further Reading:

www.health--life.com/lupus

www.sugarsandhealth.co.uk

The Lupus Book by Daniel J Wallace

The first year—Lupus by Nancy C Hanger

The challenges of lupus – Insights and Hope

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