

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

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

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.

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

Candlelight Homecare Services Limited

General Enquiries: 08458 123678

Email: care@candlelightcare.co.uk

Website: www.candlelightcare.co.uk

Head Office
Candlelight House,
King Street,
Glastonbury
Somerset BA6 9JY
Tel: 01458 831201
Fax: 01458 834563

1st Floor Court Hall,
Castle Street,
Trowbridge
Wiltshire BA14 8AR
Tel: 01225 776000
Fax: 01225 719846

56a High Street,
Heathfield,
East Sussex TN21 8JB
Tel: 01435 868248
Fax: 01435 860606

Clearbrook House,
Bristol Road,
Sherborne
Dorset DT9 4EF
Tel: 01935 817800
Fax: 01935 817688

Candlelight24 Live-In Care

1st Floor Court Hall,
Castle Street,
Trowbridge
Wiltshire BA14 8AR
Tel: 01225 719850
Fax: 01225 719846

Registered office: 1 St Johns Square, Glastonbury BA6 9LJ

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Candlelight Guide to:

Lupus

