



Lupus (say “LOO-pis”) is an illness involving your immune system. Your body's immune system protects you from disease and infection. In most cases, the immune system does a great job of keeping you healthy and preventing infections. But if your immune system cannot do its job, the results can be serious.

Lupus is an **autoimmune disease**. This means that your immune system attacks healthy cells and tissues by mist

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## What are the most common signs of lupus?

Feeling very tired (fatigue)	Fever	Muscle or joint pain, stiffness, and swelling.
Hair loss	Swollen glands	Sores in your mouth and nose
Fingers and/or toes that turn lighter colored or blue when exposed to cold	Pain with a deep breath	Rashes, especially on the face, that get worse in the sun

## What is the treatment for lupus?

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There is no cure for lupus. The goal of treatment is to control the redness and swelling (inflammation), to help make you more comfortable, and to prevent flares.

You need to take medicine every day. Your doctor will discuss what medicines are right for you. It depends on your signs and which parts of your body are affected.

People with lupus often need to see more than one doctor. You will have a regular (primary care) doctor and a rheumatologist (say “roo-mah-TOL-uh-jist”).

Rheumatologists are doctors who have special training in treating autoimmune diseases like lupus.

Which other specialists you see depends on how lupus affects your body. For example, if lupus damages your kidney, you would see a nephrologist (say “ne-FRAHL-uh-jist”) (kidney specialist).

Your doctor will order regular blood and urine tests to keep an eye on your lupus. The tests also will show if your body is having a reaction to your medicine. It is important to keep all doctor and lab appointments.

It is also important to find ways to cope with the stress of having lupus. Exercising and finding ways to relax may make it easier for you. A good support system –friends and family - also can help.

