



# Why Bother With Lupus Awareness Month?

by NEWLIFEOUTLOOK TEAM

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## The Importance of Raising Lupus Awareness

When you have lupus, you have enough to worry about without adding raising awareness of the condition to your to do list. Why should you even bother?

It turns out there are a number of reasons why increased awareness of lupus is worth fighting for.

When more people know more about lupus, the following things happen:

- Doctors and patients are more likely to recognize symptoms, leading to earlier diagnosis and treatment.
- People become more likely to donate money towards lupus organizations and research.
- Family members, friends and employers become more understanding and sympathetic of lupus sufferers.
- May is Lupus Awareness Month. It's easy to get involved in spreading the word — simply share this infographic with your friends, family, and anyone else you can think of!



## COMMON SYMPTOMS OF SLE

Lupus is an autoimmune disease, which means the body's immune system mistakes healthy tissues for foreign invaders and attacks.

The most common type of lupus is systemic lupus erythematosus, or SLE.

### COMMON SYMPTOMS OF SLE INCLUDE:

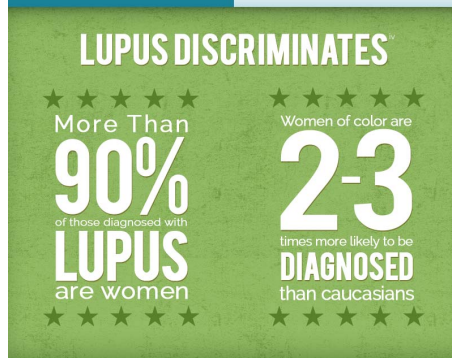
- Raynaud's phenomenon, which causes the fingers and toes to feel numb and turn white or blue in cold weather
- A rash across the nose and cheeks, called 'butterfly rash'
- Confusion and memory loss, known as 'brain fog'
- Joint pain, swelling and stiffness
- Headaches or migraines
- Sensitivity to the sun
- Extreme fatigue



It is estimated that 1.5 million Americans and 5 million people worldwide live with some form of lupus.<sup>ii</sup>

While there is no cure for lupus there are treatment options available, and it is **not often fatal**. Around **80-90%** of people diagnosed with lupus will live a **normal lifespan**.<sup>v</sup>

SLE can cause **lupus nephritis**, which is inflammation of the kidneys. Another form is **cutaneous lupus erythematosus**, also known as **discoid lupus**, which targets the skin causing rashes and sores.<sup>ii</sup>



While each person's experience with lupus is different, most people experience periods of time where their symptoms improve, before flaring up again.

## LUPUS FLARE-UPS

can be triggered by:

- SUNLIGHT
- INFECTION OR VIRUS
- CERTAIN FOODS
- PREGNANCY AND BIRTH
- STRESS
- PHYSICAL EXHAUSTION

**newLifeoutlook**  
<http://lupus.newlifeoutlook.com>

May is Lupus Awareness Month. Share this with your friends and family and help spread the word.

**Resources:**

- i <http://www.mayoclinic.org/diseases-conditions/lupus/basics/symptoms/con-20019676>
- ii <http://www.lupus.org/answers/entry/forms-of-lupus>
- iii <http://www.lupus.org/about/statistics-on-lupus>
- iv <http://www.lupusresearchinstitute.org/lupus-facts/lupus-fact-sheet>
- v <http://www.lupus.org/answers/entry/is-lupus-fatal>