

Lupus



Lupus is an inflammatory autoimmune disease that affects all parts of the body. This means that the immune system begins to attack the body instead of attacking harmful germs. This disease is also known as Systemic Lupus Erythematosus.

Types of Lupus

- **Systemic Lupus Erythematosus:** It is the most common. It can be mild or severe and can affect many parts of the body.
- **Discoid Lupus:** This type of Lupus causes a skin rash that does not go away.
- **Subacute Cutaneous Lupus:** Causes blisters on the body after being exposed to the sun.
- **Drug-Induced Lupus:** Usually goes away when the drug is stopped.
- **Neonatal Lupus:** It is not common and affects newborns. It is likely to be caused by certain antibodies from the mother with the condition.

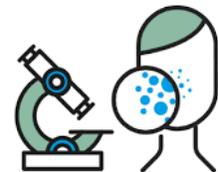
Which are the lupus signs?

- Joint pain or swelling
- Muscle pain
- Fever with no known cause
- Red rashes on the skin, usually on the face and with a like a butterfly
- Chest pain when taking a deep breath
- Hair loss
- Pale or purplish fingers or toes
- Sun sensitivity
- Swelling in the legs or around the eyes
- Mouth ulcers
- Inflamed glands
- Fatigue

How is lupus diagnosed?

There are no specific tests to diagnose lupus, but your doctor may use diagnostic tools, such as:

- Clinical family history
- Full exam
- Blood test
- Skin biopsy
- Kidney biopsy



Treatment

It is important to talk to your doctor to determine the best treatment, because it will depend on your symptoms. The most commonly used medications to treat lupus are:

- **Malaria medicine:** This is used to relieve symptoms in the joints and skin.
- **AINEs (Non-Steroidal Anti-Inflammatory Drugs):** Medications that decrease inflammation.
- **Steroids:** These decrease inflammation.
- **Immunosuppressive Medications:** These are used to neutralize or calm the immune system.
- **Biologics (Benlysta):** A drug given through a vein that reduces the symptoms of lupus.



Risk factor's

- **Sex:** More common in women.
- **Age:** More frequent in people between 15 to 45 years old.
- **Race:** Most common in African Americans, Hispanics, and Asian Americans.

Lupus complications

- Blood clots in the legs or lungs.
- Destruction of red blood cells or anemia of chronic disease.
- Fluid around the heart, endocarditis, or inflammation of the heart (myocarditis).
- Fluid around the lungs and damage to lung tissue.
- Pregnancy problems, miscarriage.
- Stroke
- Extremely low platelets in the blood (platelets are needed to stop any bleeding).
- Inflammation of blood vessels.

Symptom management

Protect skin from UV rays

Apply ice and heat to joints

Avoid being with sick people

Incorporate exercise into your daily routine

How to deal with lupus?

It is important to keep your follow-up appointments and follow your doctor's orders. Learning all about the condition will help you make informed treatment decisions. Identify the signs of an outbreak, which will help you prevent it so that the symptoms are less severe.

Remember

- Lupus is an inflammatory disease that affects the entire body.
- There are several types of Lupus. These will be treated according to your doctor's diagnosis.
- Some symptoms of Lupus are sensitivity to sunlight, hair loss and joint pain.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage any emotional and physical concerns that occur during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801.

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

- <https://medlineplus.gov/spanish/lupus.html>
- <https://www.mayoclinic.org/es-es/diseases-conditions/lupus/diagnosis-treatment/drc-20365790>
- <https://www.lupus.org/es/resources/que-es-el-lupus>

Prepared by licensed Health Educators.

Revised July 2022.

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