

LUPUS

Lupus (LOO-puhss) is an autoimmune (aw-toh-ih-MYOON) disease that can damage any part of the body (skin, joints, and/or organs inside the body.) In autoimmune diseases, something goes wrong with the immune system, which fights off viruses, bacteria, and other germs. Lupus signs and symptoms can last a long time, often for many years.

- Anyone can get lupus, but 9 out of 10 people who have lupus are women ages 15 to 45. The Lupus Foundation of America thinks that about 16,000 new cases are reported across the country each year. African-American, Latina, Asian, and Native American women are at greater risk of getting lupus than white women.
- Having lupus raises your risk of developing heart disease, osteoporosis, and kidney disease.
- The cause of lupus is not known. More than one factor is likely to play a role, including genes, things in your environment (like sunlight, stress, or smoking), hormones, and other problems in the immune system.
- Lupus can be hard to diagnose. Lupus is often mistaken for other diseases and no single test can tell you if you have it. Your doctor will review your symptoms, family history, and do a few tests to find out if you have lupus.
- There is no known cure for lupus, but there are treatments.
- Women with lupus can safely become pregnant. Lupus should be under control or in remission for six months before getting pregnant.

FOR MORE INFORMATION

Alliance for Lupus Research

Phone number: 800-867-1743

Web address: <http://www.lupusresearch.org>

American College of Rheumatology

Phone number: 404-633-3777

Web address: <http://www.rheumatology.org>

Arthritis Foundation

Phone number: 800-283-7800

Web address: <http://www.arthritis.org>

Lupus Foundation of America

Phone number: 800-558-0121

Web address: <http://www.lupus.org>

National Heart, Lung, and Blood Institute

Phone numbers: 301-592-8573, (TDD: 240-629-3255)

Web address: <http://www.nhlbi.nih.gov>

National Institute of Allergy and Infectious Diseases

Phone numbers: 866-284-4107, (TDD: 800-877-8339)

Web address: <http://www.niaid.nih.gov>

National Institute of Arthritis and Musculoskeletal and Skin Diseases

Phone numbers: 877-226-4267, (TDD: 301-565-2966)

Web address: <http://www.niams.nih.gov>

National Institute of Neurological Disorders and Stroke

Phone numbers: 800-352-9424, (TDD: 301-468-5981)

Web address: <http://www.ninds.nih.gov>

National Kidney and Urologic Diseases Information Clearinghouse

Phone numbers: 800-891-5390, (TDD: 866-569-1162)

Web address: <http://kidney.niddk.nih.gov>



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