1. **Lupus is a Chronic Autoimmune Disease**
   resulting from the body’s immune system attacking healthy cells and tissues.

2. **Symptoms**
   include inflammation, the common cold, flu, joint pain, fever, and rashes.

3. **What Causes Lupus?**
   It is believed to be caused by both genetics and environmental triggers.

4. **Who Gets Lupus?**
   Anyone can get lupus. However, women and communities of color are disproportionately affected by the disease.

5. **Diagnosis**
   The American College of Rheumatology has established eleven criteria for diagnosing lupus. A patient with at least four of the eleven criteria can be officially given a lupus diagnosis.

6. **Is There a Test to Diagnose Lupus?**
   There is no single test to diagnose lupus. A patient must test positive on four of 11 clinical and symptomatic tests to be diagnosed.

7. **Cure and Treatment**
   There is no cure for lupus yet, but there are medications to reduce inflammation, decrease production of antibodies that attack health cells and tissues, and treat infections.

8. **Lupus Flare**
   Flares can be triggered by environmental and other factors like sun exposure, stress, infections and even certain medications. Most patients go through periods of flares and remission.

9. **Incidence and Prevalence**
   Nearly 2 million Americans, and an estimated more than 5 million people worldwide suffer from lupus.

10. **Support**
    We have a large network of both professional & peer-to-peer support for patients.
LUPUS BUDDY PROGRAM
The Lupus Buddy Program is a unique service that matches two patients based on their disease state & life experience, either on a "buddy" basis or a "mentor-mentee" basis, to help individuals navigate their journeys with the support of a "buddy."

SUPPORT GROUPS
Support groups are facilitated by trained leaders and are safe and supportive environments for lupus patients and friends to come together and share concerns, hopes, and experiences in living with lupus and managing their disease & symptoms.

LUPUS CONFERENCES
Our medical mini-conferences, headlined by leading physicians and researchers, are held in English and Spanish annually and are for medical professionals, patients and loved ones. CEU credits are offered to California Registered Nurses.

PATIENT EDUCATION CLASSES
Patient education classes are lead by trained instructors, and are designed for those newly diagnosed with lupus and their families. Classes focus on teaching patients & caregivers varied techniques of living everyday life with lupus.

MEDICAL REFERRAL LIST
Treatment starts with the right physician. Our Medical Referral List, available online, lists highly respected rheumatologists and other physicians who care for lupus patients on a regular basis.