



# 10 THINGS YOU NEED TO KNOW ABOUT LUPUS

## 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 & communities of color are disproportionately affected by the disease.

## 5 DIAGNOSIS

The American College of Rheumatology has established 11 criteria for diagnosing lupus. A patient with at least 4 of the 11 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

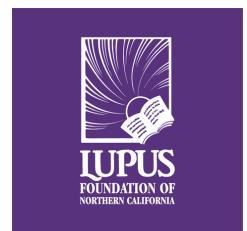
Nearly 2 million Americans, and an estimated more than 5 million people worldwide suffer from lupus.

## 10 SUPPORT

We have a large network of both professional & peer-to-peer support for patients.

**#LUPUSONLINE**

LUPUS FOUNDATION OF NORTHERN CALIFORNIA  
2635 N. FIRST ST., SAN JOSE, CA 95134 | LFNC.ORG



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## PROGRAMS & SERVICES



### 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.

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