

MAY IS LUPUS AWARENESS MONTH

Lupus: Things I should know

Meenakshi Jolly MD

Director Rush Lupus Clinic

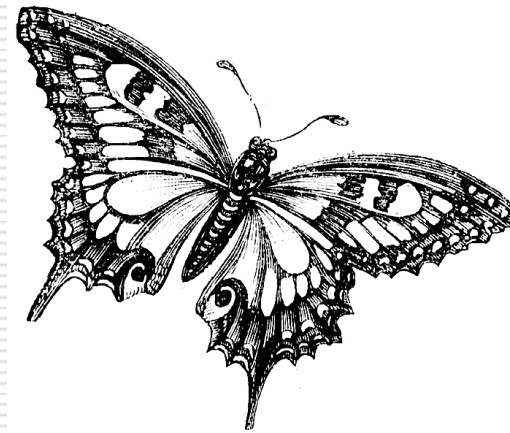
Assistant Professor

Medical Board Advisory Member LFAI and LRI



Team

- You
- Family
- Friends
- Doctor's
- Nurse
- Social worker/Community





Do I really have Lupus?

- Symptoms common to many diseases
- But I am young..How can I have something chronic?
- But I am old..how can I have lupus now?
- But I am a guy...how can I have lupus?

ACCEPTANCE/ DENIAL

Why did it take so long to diagnose?

- Important to understand
 - Important to follow up.
 - Important to move on and accept.
-
- ???second opinion???
-

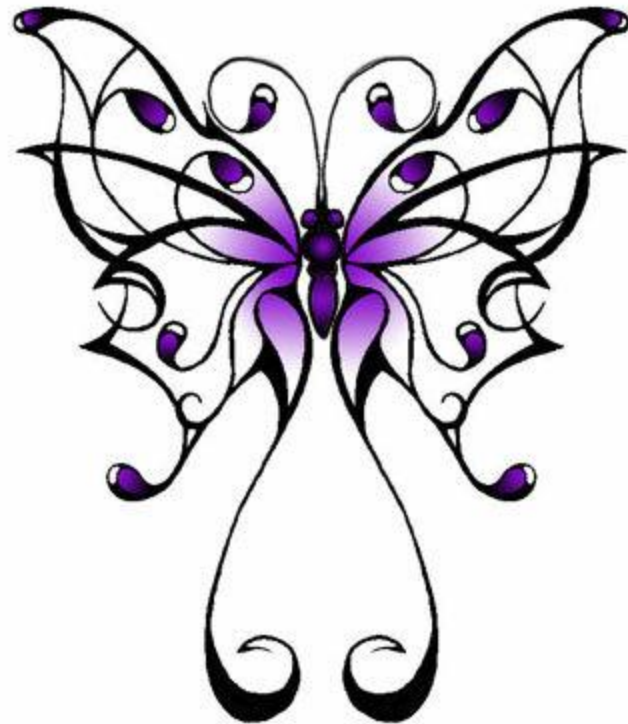
What is Lupus?

- Do you know what it is? Why you need to be on meds? And follow up closely?



Can it be cured?

Do you know?



Doctor which type of Lupus do I have?

Do you know?

Which organs has it effected thus far?

Do we know?

Kidney ?

- Have you had a biopsy?
 - What class? Is it 3 or 4 or 5?
 - Do you have a report?
-

Do I have antibodies that I need to be aware of?

□ SS-A or SS-B
Sjogren antibody

□ APL

- Anticardiolipin antibody (ACL)
 - Lupus Anticoagulant antibody (LAC)
 - Beta 2 Glycoprotein antibody (B2GP)
-

VISIBLE



INVISIBLE



SSA/SSB

□ Why do I need to know?



APLS AB

Do I have APLS Syndrome?

APL AB

Birth Control

Pregnancy

Can I have babies? When?

- Yes/No?
 - What is a good time? Why?
 - What kind of obstetrician should I see? And when?
 - Where should I plan to deliver? Why?
-

Can I pass Lupus to my baby?

Yes/No?

Will medicines effect my ability to have a baby?

- If yes which ones?
 - Do I need these meds? Are there any other options?
-

Can I prevent damage to my ovaries?

- If yes how?
-

Continued Care

Education

Visits

Meds

Tests

What things to avoid?

- Let us make a list....



Sun

Hats, Clothes

Sunscreen



What are side effects of meds and what can I do to decrease risks?

- Plaquenil
 - Methotrexate
 - Imuran
 - Cellcept
-

Cytosan

Rituximab

Prednisone

- Why? And How long?
 - Calcium
 - Dexa
 - Eye
 - Cholesterol
 - Diabetes
 - AVN
 - PUD
-

Pain and Fatigue

- Which meds to avoid?



Flare

- Stress
- Infection
- Not taking meds
- Other



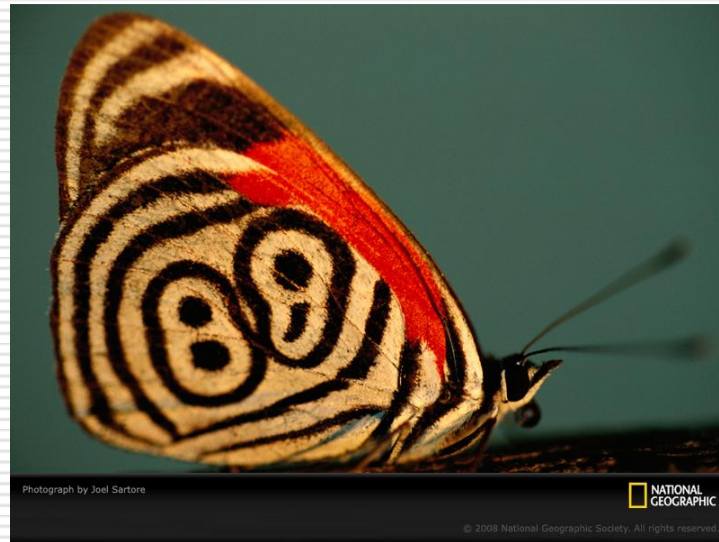
Depression/Anxiety

- Identify
- Share
- No shame
- Ask for help
- Big picture
- Psychologist/ Internist
- Psychiatrist



At High Risk for Heart Issues?

□ Dr Sequeira



What Can I do?

- Not Give Up....Prepare Yourself
- Learn
- Educate
- Share: Teams
- Follow up care
- List of Meds and some records
- Pap/Mammogram/ Lipids
- Eat Healthy
- Exercise
- Step Out
- Vent
- Help: Ask and Give



Some resources

- Support groups
 - Magazines
 - Events
 - College/School Forms: Exams
 - FMLA
 - LFA program
 - Meds resources
 - Job Accommodations
-

New Meds

Benlysta

