

LUPUS

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2012



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Introduction

I will talk about my sister who suffers from the disease. There are three main types of lupus:

- **Systemic lupus erythematosus** (eh-RITH-eh-muh-TOE-sus) is the most common form. It's sometimes called SLE, or just lupus. The word "systemic" means that the disease can involve many parts of the body such as the heart, lungs, kidneys, and brain. SLE symptoms can be mild or serious.
- **Discoid lupus erythematosus** mainly affects the skin. A red rash may appear, or the skin on the face, scalps, or elsewhere may change color.
- **Drug-induced lupus** is triggered by a few medicines. It's like SLE, but symptoms are usually milder. Most of the time, the disease goes away when the medicine is stopped. More men develop drug-induced lupus because the drugs that cause it, hydralazine and procainamide, are used to treat heart conditions that are more common in men.

Cause

The cause of lupus is not known. Research suggests that genes play an important role, but genes alone do not determine who gets lupus. It is likely that many factors trigger the disease.

Symptoms

Pain or swelling in joints	Muscle pain	Fever with no known cause	Red rashes, most often on the face	Chest pain when taking a deep breath	Hair loss	Pale or purple fingers or toes	Sensitivity to the sun	Swelling in legs or around eyes
Mouth ulcers	Swollen glands	Feeling very tired.	Anemia (a decrease in red blood cells)	Headaches	Dizzy spells	Feeling sad	Confusion	Seizures ¹

¹ http://www.niams.nih.gov/Health_Info/Lupus/lupus_ff.asp

Remedies

Medications are important for managing many systemic lupus erythematosus (SLE) patients. An array of drug therapies is now available, and this has increased the potential for effective treatment and excellent patient outcomes. This section will discuss the use of Anti-Inflammatories, Corticosteroids, Antimalarials, Immunosuppressives medication and Anticoagulants in the treatment of your lupus symptoms.

Treatments

There is no cure for Lupus. However, treatment options to control symptoms are available. Most people with Lupus can lead active, healthy lives.

- **Nonsteroidal anti-inflammatory drugs (NSAIDs).** Over-the-counter NSAIDs, such as naproxen (Aleve) and ibuprofen (Advil, Motrin, others), may be used to treat pain, swelling and fever associated with lupus. Stronger NSAIDs are available by prescription. Side effects of NSAIDs include stomach bleeding, kidney problems and an increased risk of heart problems.
- **Antimalarial drugs.** Medications commonly used to treat malaria, such as hydroxychloroquine (Plaquenil), also can help control lupus. Side effects can include stomach upset and, very rarely, damage to the retina of the eye.
- **Corticosteroids.** Prednisone and other types of corticosteroids can counter the inflammation of lupus, but often produce long-term side effects — including weight gain, easy bruising, thinning bones (osteoporosis), high blood pressure, diabetes and increased risk of infection. The risk of side effects increases with higher doses and longer term therapy.
- **Immune suppressants.** Drugs that suppress the immune system may be helpful in serious cases of lupus. Examples include cyclophosphamide (Cytoxan), azathioprine (Imuran, Azasan), mycophenolate (Cellcept), leflunomide (Arava) and methotrexate (Trexall). Potential side effects may include an increased risk of infection, liver damage, decreased fertility and an increased risk of cancer. A newer medication, belimumab (Benlysta) also reduces lupus symptoms in some people. Side effects include nausea, diarrhea and fever.ⁱ

Poster



Bibliography

http://www.niams.nih.gov/Health_Info/Lupus/lupus_ff.asp

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ⁱ <http://www.mayoclinic.com/health/lupus/ds00115/dsection=treatments-and-drugs>