

LUPUS ROADMAP

Important Stops Along the
Lupus Journey

- Lupus is a chronic, autoimmune disease that can damage any part of the body.
- 16,000 new cases are reported each year in the U.S.
- The number of individuals impacted by lupus are likely much higher.



Who gets Lupus?

- Women of childbearing age (15 - 44).
- Women of color (2-3 times more likely than Caucasian women).
- Some men, children and teenagers.

So you think you have lupus?

Symptoms (broad and varied):

- Extreme fatigue (tiredness)
- Headaches
- Painful or swollen joints
- Fever
- Anemia (low number of red blood cells or hemoglobin, or low total blood volume)
- Swelling (edema) in feet, legs, hands and/or around eyes
- Pain in chest on deep breathing (pleurisy)
- Butterfly-shaped rash across cheeks and nose
- Sun or light-sensitivity (photosensitivity)
- Hair loss
- Abnormal blood clotting
- Fingers turning white and/or blue when cold (Raynaud's phenomenon)
- Mouth or nose ulcers

Play detective.

- Make sure your doctor has all of your medical records.
- Ask close family members if they have experienced similar symptoms.
- Track your symptoms and triggers to ensure a proper diagnosis.

Find a Doctor.

Start with your primary care physician or rheumatologist. Bring all the information you can about all your symptoms and make lupus part of the conversation.



Get educated, find support and resources:

- Lupus Foundation, Indiana Chapter: <http://www.lupus.org/indiana>
- Lupus Foundation: <http://www.lupus.org/>
- Cleveland Clinic: my.clevelandclinic.org;
- National Institute of Arthritis and Musculoskeletal and Skin Diseases: <http://www.niams.nih.gov/>
- *Talk to family and friends about your experiences and encourage them to help you and learn about your condition.*



Indiana State
Department of Health

Help Us Solve
The Cruel Mystery

LUPUSTM

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INDIANA CHAPTER