Treatment of Lupus

While there is no cure yet, with treatment, most people with lupus can look forward to a normal life expectancy. There are many medication that can control symptoms. The treatment plan will depend in part on the type and severity of symptoms.

Living Well With Lupus

One thing that makes a huge difference in living with lupus is the person’s role in controlling the disease. We can deal better with the challenge of living with this condition by learning all we can about it and by being aware of how our own body reacts.

Sometimes, flares follow a clear pattern, with the same combination of symptoms every time. An informed person can watch for warning signs and alert their doctor early on. While false alarms happen, catching a flare in its early stages can make treatment easier and more effective.

With this information as a basis, a good working relationship with your doctor is crucial to the success of your treatment. The strong support of family and friends can be equally important.

An Introductory Guide to Lupus

To learn more about lupus symptoms, diagnosis, treatment, management, and coping with this chronic disease, contact Lupus Canada by email at info@lupuscanada.org or call us at 1-800-661-1468.

Our Mission

Lupus Canada is a national voluntary organization dedicated to improving the lives of people affected by lupus through research, public awareness, advocacy and education.

Our Vision

Life without lupus

Contact Lupus Canada

615 Davis Drive Suite 306
Newmarket, ON L3Y 2R2

Toll Free: 1-800-661-1468
Local: 905-235-1714

info@lupuscanada.org

www.lupuscanada.org

© Lupus Canada 2017

Charitable Registration # 11902 5872 RR0001
General statements about symptoms of lupus can be helpful, but each person’s experience will be very different. Some people will have only a few of the many possible symptoms. Because it can target any of the body’s tissues, lupus is often hard to pin down or diagnose. That’s why it is called “the disease with 1000 faces”.

Until science fully understands how the immune system works, the specific cause of lupus remains unknown.

Important things to note:
- While lupus can be a serious condition, in most cases it can be treated and controlled;
- Lupus often goes in cycles, with periods of time in which symptoms may disappear completely;
- Diagnosis and treatment are improving, allowing people with lupus lead increasingly active and productive lives.

Any of the following may indicate that lupus is present. A person with lupus may experience:
- Joint pain, sometimes with swelling, redness and heat
- A red rash across upper cheeks and bridge of nose
- Extreme fatigue
- An unusual reaction to sunlight
- A red, scaly rash
- Small, usually painless sores inside the nose or mouth
- Chest pain, worse when lying down or inhaling
- Swelling of feet and legs, weight gain
- Seizures or severe psychological symptoms
- Abnormalities in blood chemistry which show up in blood tests

This far from a complete list of symptoms, and the diagnosis of lupus must be made by a doctor.

As a chronic illness, lupus is different for each individual. It often appears in cycles, which can consist of:
- A lupus “flare, with severe acute symptoms needing medical attention;
- A “chronic phase”, when symptoms may continue but are less severe;
- A “remission”, when symptoms may disappear completely for long period, though they can return.

In the chronic phase, and especially in the remission phase (when it’s easy to forget to take care), it is important for people to practice good health and lifestyle habits that will help maintain their well-being. Lupus is a serious condition, but diagnosis and treatment are improving.