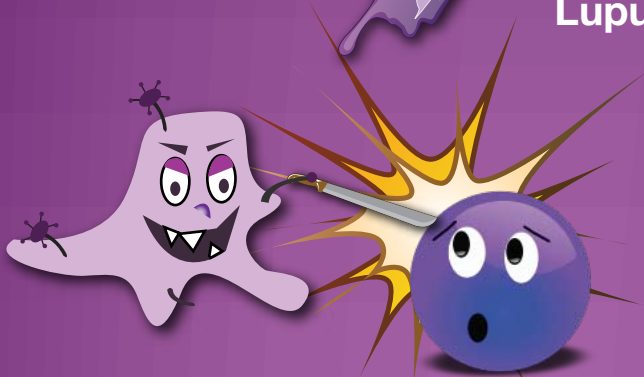


# What is LUPUS?

Presented by the  
Lupus Awareness Group of Guam



LUPUS PATIENTS' IMMUNE SYSTEMS  
KILL HEALTHY TISSUES INSTEAD OF GERMS.

LUPUS IS NOT CANCER OR AIDS.  
IT IS NOT CONTAGIOUS.

## THREE MAIN TYPES OF LUPUS:

1. SYSTEMATIC
2. DISCOID
3. DRUG-INDUCED

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## HOW CAN I COPE WITH LUPUS?

- Pay attention to your body
- Slow down if you're tired
- Pace Yourself
- Don't blame yourself for your fatigue
- Consider support groups and counseling
- Stay involved in activities
- Practice meditation and yoga
- Exercise & Eat Healthy



## COMMON SIGNS OF LUPUS:



## WHAT IS A FLARE?

-When symptoms appear, it is called a flare.

To Prevent A Flare:

- Limit the time you spend in the sun.
  - Maintain a healthy diet.
- Develop coping skills to help limit stress.
  - Get enough rest and quiet.
- Exercise moderately when possible.

## WHAT CAUSES LUPUS?

We don't know.  
We are still researching.  
There is no known cure.  
It can be managed.  
Lupus runs in the families.



## WHO GETS LUPUS?



- Anyone
- More women get Lupus than men
- With good care, women with Lupus can have a healthy baby!

## HOW DO I FIND OUT IF I HAVE LUPUS?

- Medical History
- Complete Physical Exam
- Lab Testing of Blood and Urine
  - Skin or Kidney Biopsy

Not a single test can show if you have Lupus.

Doctors have to run several tests.

It may take time for a doctor to diagnose Lupus.

YOU CAN HELP & FIGHT LUPUS! TALK TO YOUR DOCTOR.  
PEOPLE WHO LOOK FOR ANSWERS ARE MORE LIKELY TO FIND THEM.

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