

UNDERSTANDING AND MANAGING LUPUS

sage infusion

What is Lupus?

Lupus is a chronic autoimmune disease that causes the immune system to attack healthy tissues in the body. This can lead to inflammation and damage in various parts of the body, including the skin, joints, kidneys, heart, lungs, and brain. The most common form of lupus is systemic lupus erythematosus (SLE), but there are other types, such as cutaneous lupus, drug-induced lupus, and neonatal lupus.

Symptoms of Lupus:

- **Fatigue:** Extreme tiredness that doesn't improve with rest.
- **Joint Pain:** Pain, stiffness, and swelling in the joints.
- **Skin Rashes:** Often a butterfly-shaped rash across the cheeks and nose.
- **Fever:** Low-grade fevers without an obvious cause.
- **Hair Loss:** Thinning hair or bald patches.
- **Photosensitivity:** Sensitivity to sunlight that can cause rashes or other symptoms.
- **Kidney Problems:** Inflammation of the kidneys, known as lupus nephritis.
- **Chest Pain:** Pain when taking a deep breath, caused by inflammation of the lining around the lungs (pleurisy)

Managing Lupus:

1. Follow Your Treatment Plan:

- Take medications exactly as prescribed by your doctor.
- Sage Infusion offers Benlysta, Gazyva, and Saphnelo
 - **Benlysta** is a biologic therapy used in addition to other lupus medications for the treatment of lupus and lupus nephritis (LN) and is administered monthly.
 - **Gazyva** is a prescription medicine that targets the CD20-directed cytolytic antibody for the treatment of active lupus nephritis (LN) and is administered every 6 months after the first year.
 - **Saphnelo** is the first and only SLE treatment to target type 1 interferon (IFN-1) activity for the treatment of moderate to severe systemic lupus erythematosus (SLE) and is administered every month.

FOR MORE INFO

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2. Avoid Triggers:

- Learn what triggers your lupus flares and try to avoid them. Common triggers include sunlight, stress, infections, and certain medications.

3. Protect Yourself from the Sun:

- Wear sunscreen with at least SPF 30, even on cloudy days.
- Wear protective clothing, such as long-sleeved shirts and wide-brimmed hats.
- Avoid going outdoors during peak sun hours (10 AM to 4 PM).

4. Maintain a Healthy Diet:

- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Stay hydrated by drinking plenty of water.

5. Exercise Regularly:

- Engage in low-impact exercises like walking, swimming, or yoga to keep your body strong and reduce stress.
- Talk to your doctor before starting any new exercise routine.

6. Get Enough Rest:

- Aim for 7-9 hours of sleep each night.
- Take short naps during the day if you feel fatigued.

7. Manage Stress:

- Practice relaxation techniques such as deep breathing, meditation, or mindfulness.
- Find activities you enjoy and make time for them in your daily routine.

8. Quit Smoking:

- Smoking can worsen lupus symptoms and increase the risk of complications. Seek support to quit if you smoke.

9. Stay Connected:

- Keep in touch with friends and family for emotional support.
- Consider joining a support group for people with lupus.

10. Educate Yourself:

- Learn as much as you can about lupus and its management.
- Stay informed about new treatments and research.

11. Take Care of Your Mental Health:

- Living with a chronic illness can be challenging. Consider seeing a therapist or counselor if you feel overwhelmed or depressed.

By following these tips and working closely with your healthcare team, you can effectively manage lupus and improve your quality of life.

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