

Beat: Business

## A Dangerous Sleeping Giant Called Lupus

### Lupus Awareness Continues to Grow

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**USPA NEWS** - Even though lupus it's currently affecting the lives of about 2 million Americans and 16,000 estimated new cases are reported every year, there is still an incredible lack of awareness among the community. Lupus is a lifelong autoimmune disease that inflames different parts of the body.

This chameleon like condition, confuses the body's immune system, causing it to attack its own tissue and organs. Because the disease can create serious issues with the kidney, heart, lungs, brain, blood or skin, the symptoms are so different, that a conclusive lupus test has not been developed yet. Lupus does not discriminate age or gender, although 9 out of 10 diagnoses have been reported to be females, especially during child bearing years.

Also, there are more reported cases among people of color. Lupus patients suffer from active symptom episodes called "flares", that can be different for every single patient. Systemic Lupus erythematosus can affect multiple organs including; skin, joints, blood, blood vessels, heart, kidneys, liver, brain, and central nervous system, meanwhile the Cutaneous or discoid, affects the skin. Then there are reports of drug-induced lupus that can be controlled by discontinuing the medication that triggered the symptoms and a rare type called Neonatal that affects new born babies. Individuals who are diagnosed with lupus, at times can suffer from extreme fatigue and painful sensitivity to natural and artificial light.

Stress is also a big enemy for them, Abeela Haq, Ma, Licensed Mental Health Counselor, specializes in sharing coping techniques that can ease the emotional and physical impact of Lupus. The cost of lupus medical treatment and lifestyle adjustments have been reported to be \$6,000 to \$10,000 per year. A tough burden considering that there are 38% of lupus patients on disability and 38% have been forced to stop working due to health complications related to lupus. This life changing condition is yet to be conquered and there has been no new medications developed in the last 50 years. There are various organizations and research programs partnering with rheumatologist doctors and other medical professionals to provide education to the public.

#### Article online:

<https://www.uspa24.com/bericht-1203/a-dangerous-sleeping-giant-called-lupus.html>

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