

# BARRIERS TO LUPUS DIAGNOSIS & CARE

The Lupus Foundation of America, in partnership with Exagen Inc., conducted a 25-question retrospective cross-sectional online survey among 1,313 people with lupus to examine barriers to lupus diagnosis and care.

**Respondents faced many healthcare challenges from the time they first saw a doctor for their symptoms. Healthcare-related challenges associated with delayed diagnosis included:**

MORE THAN HALF

**51%**

reported long wait times before seeing a specialist.

ALMOST A THIRD

**31%**

reported that out-of-pocket costs were too high.

OVERALL

**30%**

noted not enough doctors were nearby to treat lupus.

Other barriers associated with delayed lupus diagnosis and care include insurance not covering the costs of needed services and long wait times to for an appointment with a primary care provider.

## ADDRESSING BARRIERS AND CHALLENGES

- An ongoing shortage of rheumatologists may further magnify the delay in diagnosis and explain the apparent long wait times for specialists, misdiagnosis, and increasing costs.
- Further practitioner education, rheumatology provider recruitment, and studies examining reasons for lupus diagnosis delays may help us better understand and reduce inequities in reaching a prompt lupus diagnosis.