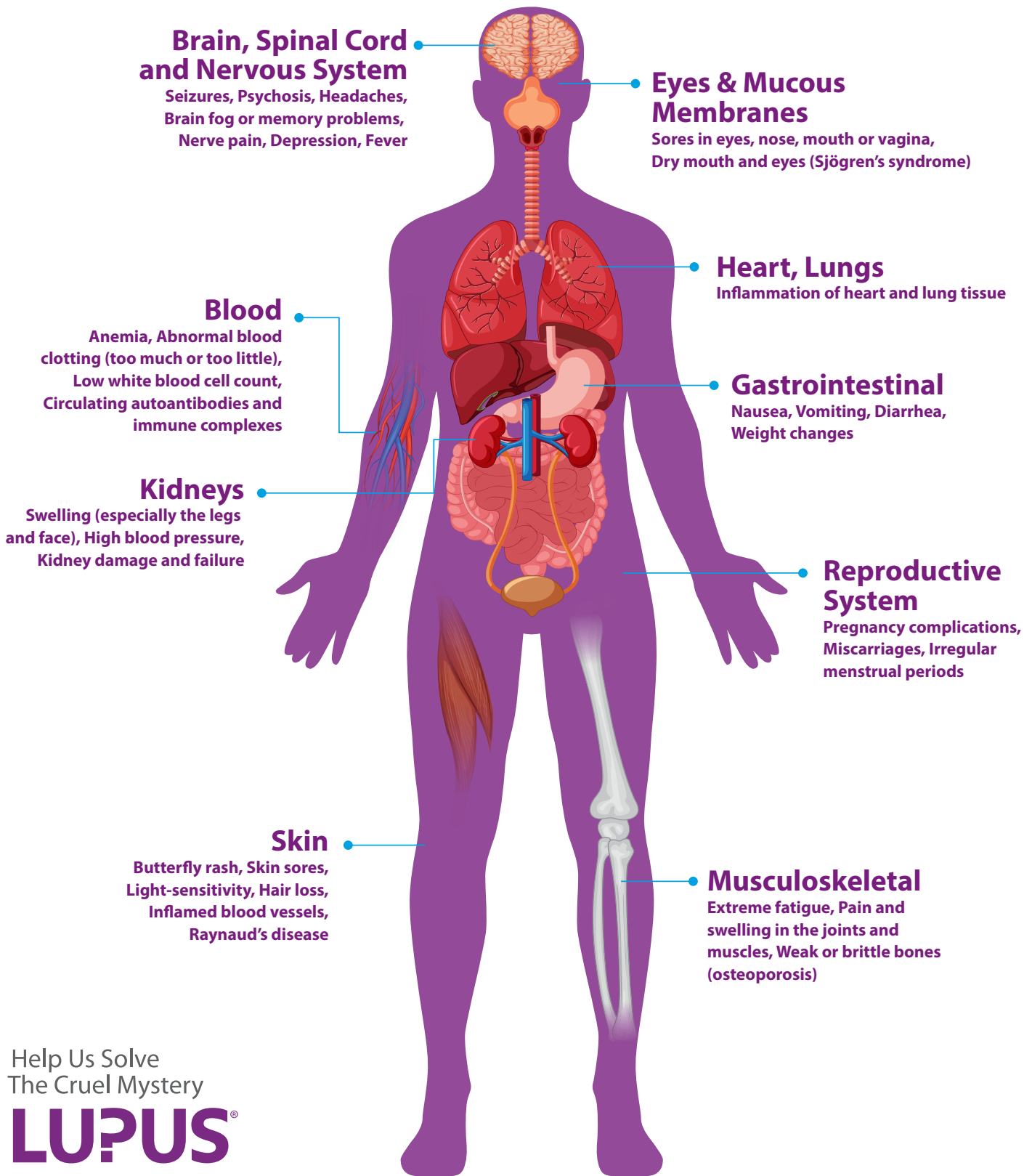


# How Lupus Affects the Body



Help Us Solve  
The Cruel Mystery  
**LUPUS**<sup>®</sup>  
FOUNDATION OF AMERICA

*Please turn over for more information.*

# Find Help, Get Answers

## National Resource Center on Lupus

A collection of up-to-date resources and information on lupus. The Resource Center educates, empowers and connects you to lupus resources, programs and support services. Visit [Lupus.org/Resources](https://lupus.org/Resources) to learn more.

## Health Education Specialists

Our certified health education specialists are available to answer questions and provide caring support to people with lupus, their families and caregivers.

Visit [Lupus.org/HealthEducator](https://lupus.org/HealthEducator) to contact a health education specialist today (in English or Spanish).

## Inside Lupus Research

From clinical trials to new treatment breakthroughs, Inside Lupus Research is your one-stop location for learning about all the latest lupus research news that matters to you. Visit [Lupus.org/InsideLupusResearch](https://lupus.org/InsideLupusResearch) to subscribe today.

## Participate in Research

People with lupus and their caregivers can advance lupus research from the convenience of their home by simply sharing their lupus experience using RAY®: Research Accelerated by You. This online registry will help researchers accelerate the development of new treatments and enhance the quality of care for people with lupus. To learn more, visit [Lupus.org/RAY](https://lupus.org/RAY).

## Local Support & Programs

We provide opportunities to engage locally and participate in education events and support groups dedicated to improving the lives of people affected by lupus.

Our on-the-ground experts can help you find resources, support groups and get involved in the fight to end lupus. Visit [Lupus.org/Local-Support](https://lupus.org/Local-Support).

## SELF

The SELF app (Strategies to Embrace Living with Lupus Fearlessly) is our free self-care program for people with lupus that provides customized support in managing symptoms, stress and medications. Visit [Lupus.org/SELF](https://lupus.org/SELF) to sign up.

## Lupus & You: Answers. Advocacy. Action.

Our free educational series offers people with lupus, their families and friends the opportunity to learn about the latest in lupus research and helpful resources for managing the disease. Register at [Lupus.org/Lupus-and-You](https://lupus.org/Lupus-and-You).

## Take Charge

This weekly educational email series is designed to introduce people with lupus, including those recently diagnosed, to tips and resources that can help them better manage the disease and its everyday challenges. Sign up at [Lupus.org/TakeCharge](https://lupus.org/TakeCharge) and find our program en español at [Lupus.org/TomeControl](https://lupus.org/TomeControl).

## The Expert Series



Our educational podcast series features empowering episodes from leading lupus experts with a focus on helping you live well with lupus. New episodes are released throughout the year on the National Resource Center on Lupus. Visit [Lupus.org/TheExpertSeries](https://lupus.org/TheExpertSeries).

## E-newsletter

Stay connected and sign up to receive our monthly e-newsletter that includes the latest research news and articles on living with lupus. Sign up at [Lupus.org](https://lupus.org).

## Social Media

For daily updates on lupus news and information, follow us here:

-  [LupusFoundationofAmerica](https://www.facebook.com/LupusFoundationofAmerica)
-  [LupusOrg](https://twitter.com/LupusOrg)
-  [LupusOrg](https://www.instagram.com/LupusOrg)
-  [LupusFoundationofAmerica](https://www.youtube.com/LupusFoundationofAmerica)
-  [LupusOrg](https://www.tiktok.com/LupusOrg)

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**Lupus Foundation of America** | To learn more, call 800.558.0121 or visit [Lupus.org](https://lupus.org).