How Lupus Affects the Body

Eyes & Mucous Membranes
- Sores in eyes, nose, mouth or vagina
- Dry mouth and eyes (Sjögren’s syndrome)

Gastrointestinal
- Nausea, Vomiting, Diarrhea
- Weight changes

Heart, Lungs
- Inflammation of heart and lung tissue

Kidneys
- Swelling (especially the legs and face), High blood pressure
- Kidney damage and failure

Reproductive System
- Pregnancy complications, Miscarriages, Irregular menstrual periods

Blood
- Anemia, Abnormal blood clotting (too much or too little), Low white blood cell count
- Circulating autoantibodies and immune complexes

Musculoskeletal
- Extreme fatigue, Pain and swelling in the joints and muscles, Weak or brittle bones (osteoporosis)

Skin
- Butterfly rash, Skin sores, Light-sensitivity, Hair loss
- Inflamed blood vessels, Raynaud’s disease

Brain, Spinal Cord and Nervous System
- Seizures, Psychosis, Headaches
- Brain fog or memory problems
- Nerve pain, Depression, Fever

Help Us Solve The Cruel Mystery
LUPUS®
FOUNDAION OF AMERICA

Lupus Foundation of America | To learn more, call 800.558.0121 or visit Lupus.org.

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 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 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 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.

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.

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 to sign up.

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.

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 and find our program en español at 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.

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.

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

facebook.com/LupusFoundationofAmerica
twitter.com/LupusOrg
instagram.com/LupusOrg
google.com/LupusFoundationofAmerica
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