



COULD YOU HAVE LUPUS?

Lupus is an unpredictable and misunderstood disease in which the immune system is out of balance, causing damage to any organ system in the body. Symptoms of lupus come and go, change over time, and often imitate other illnesses, making lupus difficult to diagnose. The exact cause of lupus is unknown.

While lupus can strike anyone at any time, 90% of people living with lupus are females. Women of color are at an especially high risk. Lupus usually develops between the ages of 15 and 44. While there is no cure for lupus, early diagnosis and proper medical treatment can significantly help to control the disease.

Help Us Solve
The Cruel Mystery

LUPUS[™]

FOUNDATION OF AMERICA
HEARTLAND CHAPTER

for more information

314-644-2222

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lupus.org/heartland

Complete this simple check-list to help you recognize the signs and symptoms and risk factors for lupus.

If you have had symptoms like these over time, especially if you have had three or more, talk to your doctor about lupus.

Skin & Hair

- A reaction to the sun or light that causes a skin rash to appear or to get worse.
- Redness or rash across your nose and cheeks or other unexplained rashes.
- Sudden, unexplained hair loss.

Muscles & Joints

- Achy, painful and/or swollen joints for more than three months.
- Persistent, extreme fatigue and weakness for days or weeks at a time, even after plenty of rest.

Brain & Nervous System

- Seizure or unexplained confusion that lasts for more than an hour.
- Unexplained high fever for more than a few days.

Heart & Lungs

- Chest pain while taking deep breaths.

Nose & Mouth

- Sores in your mouth or nose that last for more than five days, or sores on your skin that will not heal.

Blood & Circulatory System

- Told you have anemia, low white cell count, or low platelet count.
- Fingers and/or toes become red or blue, or feel numb and painful.
- Blood clotting problems or a miscarriage.

Kidneys

- Told you have protein in your urine.
- Swelling in your legs and ankles on both sides at the same time.

Risk Factors for Lupus

- Female
- Between the ages of 15-44
- Hispanic, Asian, Native American or African American
- Family history of autoimmune disorders such as lupus, rheumatoid arthritis, Sjogren's syndrome, type 1 diabetes, Raynaud's phenomenon, scleroderma, mixed connective tissue, multiple sclerosis (MS) or over/under active thyroid.

This check list is only meant to help you recognize the signs and symptoms of lupus and as a guide for you and your doctor to discuss your possible risk for lupus.