

Lupus and Depression

Lupus Foundation of America, Indiana Chapter

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Mission

The Lupus Foundation of America, Indiana Chapter is part of a national force devoted to solving the cruel mystery of lupus while providing caring support to those who suffer from its brutal impact.

Efforts

Support research and conduct education programs so everyone affected by lupus can have an improved quality of life and get answers and health professionals know about new means to diagnose and manage the disease.

Conduct activities to increase awareness of lupus, rally public support for those who are affected by lupus, and advocate on their behalf.

About Lupus Depression

Depression causes the greatest overall loss of functioning and is the leading cause of ill health and disability. As is true for many others, people with systemic lupus erythematosus (SLE) can get depressed and find that their ability to enjoy life and to function effectively is reduced by feelings, thoughts, and behaviors related to depression. There are five types that are commonly found in people with SLE: major depression, adjustment disorder, demoralization, substance-induced mood disorder, and depression related to a medical condition.

Facts & Statistics

Psychological manifestations such as depression and anxiety are very common.

Major depression is present in approximately 25% of lupus patients, and major anxiety in 37%.

Symptoms of Lupus Dermatitis

- ✓ Cancelling medical appointments, stopping medications, and not taking care of one's health.
- ✓ Stopping formerly enjoyable activities: exercising, socializing, working, parenting, dating, etc.
- ✓ Staying home and watching a lot of television
- ✓ Feeling physically restless, run down, or fatigued.
- ✓ Eating too much, or too little
- ✓ Having difficulty sleeping, or sleeping too much
- ✓ Feeling helpless or hopeless, and thinking there are no options.
- ✓ Not thinking clearly, having trouble making decisions, and feeling on is in a "lupus fog."

About Treatment

- ✓ Consider the basics of life.
- ✓ Human Contact
- ✓ Relaxation efforts
- ✓ Gratitude
- ✓ Self-talk
- ✓ Talk to others.
- ✓ Listen to experts.
- ✓ The most used antidepressants belong to a category called Selective Serotonin Reuptake Inhibitor
- ✓ duloxetine (Cymbalta)
- ✓ venlafaxine (Effexor)
- ✓ Mirtazapine (Remeron)-sedating and is often used at night for people with depression with insomnia.
- ✓ Bupropion (Wellbutrin) tends to cause people to have a bit more energy (or feel "activated")

If you have depression from lupus, you should...

- ✓ Find healthy ways to cope.
- ✓ Make healthy lifestyle changes
- ✓ Talk to friends, loved ones, lupus groups, or religious leaders.
- ✓ Be in a social network, even if many of the daily contacts are by phone.
- ✓ Consider Psychotherapy with a therapist

"With passion and perseverance, we will fulfill our purpose as an organization. That purpose is to be a resource for and support to lupus patients, and to ultimately live in a world without lupus."