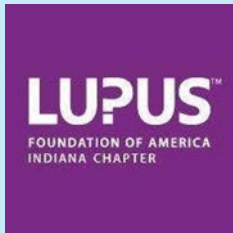


Lupus and Hair Loss

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.

Provide information to ensure people with lupus and their families 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

Lupus is a chronic autoimmune disease that can damage any part of the body, including the scalp. This is known to be a disease of flares—the symptoms worsen and can be life-threatening.

Facts & Statistics about Lupus-related hair loss

Women lose between 55 and 100 percent of their hair; however, a larger scale study is yet needed to find more precise trends.

Hair loss is by far the biggest symptom to deal with emotionally, especially as an 18-year-old girl.

About Treatment for hair loss cause by Lupus

- ✓ Hair loss due to inflammation may be reversible, but only if you are able to successfully treat lupus and the disease goes into remission—the symptoms improve and you feel better.
- ✓ Hair loss can also be a side effect for medications used to treat lupus.
- ✓ You can also be prescribed immunosuppressants, to suppress the immune system to help achieve remission.
- ✓ Avoid sun exposure.
- ✓ Eat a healthy diet.
- ✓ Limit stress.
- ✓ Get lots of rest.

If you have hair loss, you should...

Sleep on a satin pillowcase to protect your hair from breakage.

Keep your strands moisturized. Dry, brittle hair can break off, resulting in thinning or weak strands. Try these home remedies for dry hair.

Avoid harsh hair care treatments — such as coloring and heat — until you can get the disease under control. You should also limit frequent brushing and tight rollers.

"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."

- La Toija Snodgrass, CEO