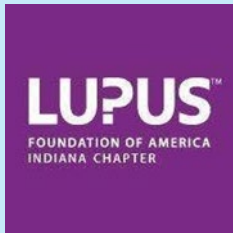


# Lupus and Latina Women

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

Women of childbearing ages—15 to 44 years—are at greatest risk of developing the disease.

Asian and Hispanic women of any race are more likely to be affected by lupus, compared with non-Hispanic white women.

Lupus-related kidney disease (lupus nephritis) — a potentially fatal complication — appears to be more common among non-Hispanic Asians and Hispanics (of any race) compared with non-Hispanic whites.

## About Treatment

- ✓ There is no cure for lupus, but there are medicines to help a person feel better because the disease is different for each person, not everyone will take the same medicines.
- ✓ Many people with systemic lupus are treated by a rheumatologist and the people with cutaneous lupus are treated by a dermatologist.
- ✓ Inform your doctor if you are planning on taking any herbs or supplements, or if you are planning to add them to your diet because there may be interactions with medications, and we do not yet know whether traditional therapies will be helpful or harmful for people with lupus.

## If you have lupus, you should...

- ✓ Protect yourself from the sun.
- ✓ Eat a well-balanced diet.
- ✓ Exercise regularly and moderately.
- ✓ Do not smoke.
- ✓ Get plenty of rest.
- ✓ Talk to your doctor if you are planning to get pregnant.
- ✓ Understand that depression can be caused by lupus.
- ✓ Reach out to the people in your support system.

**"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