

Lupus and Men

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 in Men

Lupus is a chronic autoimmune disease that is not solely associated with women and that men can get the disease too. The potential cause may be the role of sex hormones- estrogen in women and androgen in men. It is thought that estrogen may encourage the development of autoimmune disorders while androgens may offer some protection. Low levels of androgen in men are thought to connect to the development of the disease in males.

Facts & Statistics

Discoid lupus may be more common in males, lesions look the same in both sexes.

Between 4% and 22% of those with lupus are male, there are 4 to 12 women with lupus for every 1 man.

Both male and female, with lupus is 1.5 million in the U.S., we could estimate the number of men with lupus to be approximately 150,000.

Symptoms of Lupus in Men

- ✓ Pleurisy (inflammation of the sac around the lungs)
- ✓ Renal (kidney) disease
- ✓ Discoid lupus (reddish, scaly skin)
- ✓ Hemolytic anemia (from the destruction of red blood cells)
- ✓ Lupus anticoagulant (can promote abnormal blood clotting)
- ✓ Seizures

If you are a male with lupus, you should...

- ✓ Find healthy ways to cope.
- ✓ Make healthy lifestyle choices.
- ✓ Limit sun exposure through use of sunscreens and sun-protective clothing.
- ✓ Understand and process your emotions.
- ✓ Engage a positive self-talk.
- ✓ Do Mind- body therapy
- ✓ Consider acupuncture- to lessen pain and fatigue.

About Treatment

- ✓ Treatment for lupus in men is nearly identical to treatment in women. However, certain medications used to treat lupus, such as cyclophosphamide (Cytoxan®), can affect sperm counts. Before you begin taking any medications, talk with your doctor about how they may affect you.
- ✓ 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.

"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