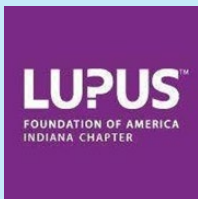


# Lupus and Nephritis

Lupus Foundation of America, Indiana Chapter

9302 N Meridian St, Indianapolis, IN 46260 | (317) 225-4400



## 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 Nephritis

Lupus is a chronic autoimmune disease that can damage any part of the body. Lupus nephritis happens when your immune system attacks your kidneys. The most severe kind of lupus nephritis is proliferative nephritis, which can cause permanent damage to your kidneys.

## Facts & Statistics

An estimated 1.5 million Americans have a type of lupus. About 1 in 2 adults with lupus will have lupus nephritis. The two main risk factors for lupus nephritis are sex and race or ethnicity.

Although 90% of people who have lupus are female, males have a higher chance of getting lupus nephritis than females.

Between 1 and 3 out of every 10 people with lupus nephritis eventually get kidney failure/ESRD.

## Symptoms of Lupus Nephritis

- ✓ Weight gain
- ✓ Fatigue
- ✓ Joint/muscle pain & swelling.
- ✓ Fever
- ✓ Red rash
- ✓ High blood pressure
- ✓ Frequent urination
- ✓ Foamy or bubbly urine
- ✓ Blood in urine

## About Treatment

- ✓ Preventing more damage to your kidneys
- ✓ Immunosuppressant- medicines that weaken your immune system so that it cannot harm your kidneys as much.
- ✓ Lower blood pressure- High blood pressure is the second most common cause of kidney failure (end-stage renal disease, or ESRD).
- ✓ Taking a Diuretic (water pill)- help your body get rid of some of the extra fluid which may cause leg or ankle swelling or trouble breathing due to fluid in your lungs.

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

- ✓ Find healthy ways to cope.
- ✓ Talk to a professional- seek advice.
- ✓ Find a support group.
- ✓ Navigate everyday life with chronic disease.
- ✓ Understand and process your emotions.
- ✓ Engage a positive self-talk.
- ✓ Learning tips for managing lupus from people who have been living with it for longer than you

**"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