

# Systemic Lupus Erythematosus: *The Battle Against Yourself*

Student

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Core 7

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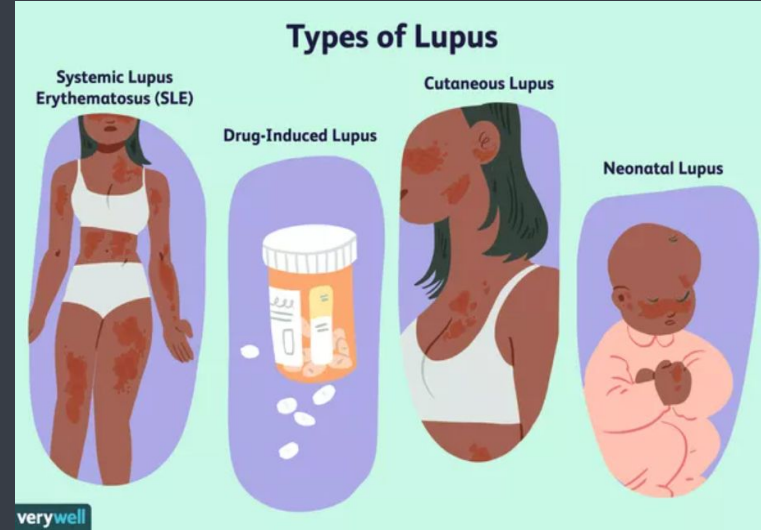
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*Image courtesy of Diabetes UK*

# Introduction

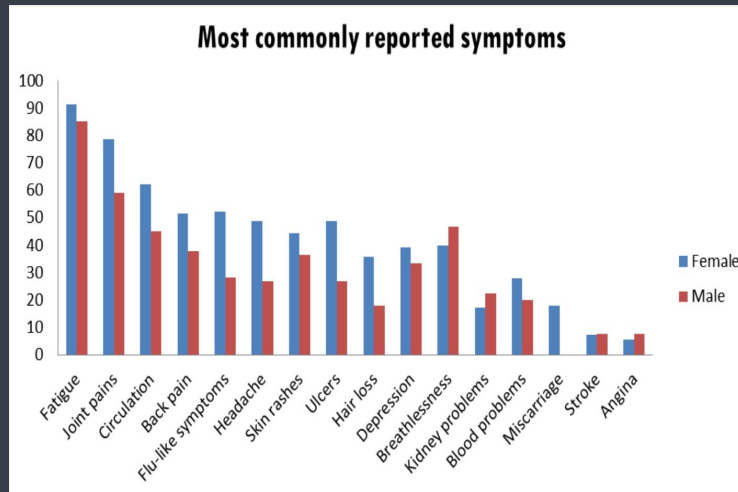
- Immune system attacks own tissue (CDC)
  - Widespread inflammation & tissue damage (CDC)
- Unsure cause
  - Environmental, genetic, hormonal, medicines (MP)
- Occasional flares of symptoms (LFA)
  - Goes away at times – remission (CDC)



*Image courtesy of Verywell*

# How SLE Affects Victims

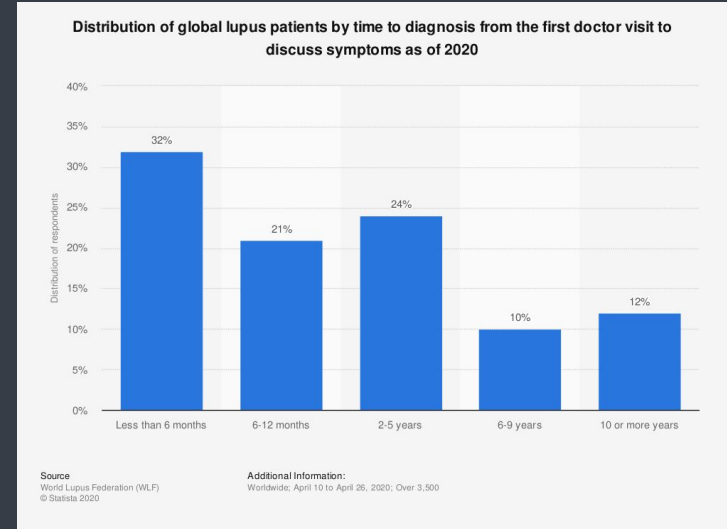
- Limit physical, mental, social functioning (CDC)
  - 53-80% fatigue as primary symptom (NCBI)
- Only 46% have jobs (CDC)
- Can't do things normally
  - Prepare more, needs breaks, diet (Viscuso)
- Brain complications (MC)
  - Behavior, vision, headache, dizzy, stroke (AAPD)
- Feels bad for themselves (Viscuso)
  - Feels hopeless and is unkind to themselves (LP)



*Image courtesy of Statista*

# Diagnosis

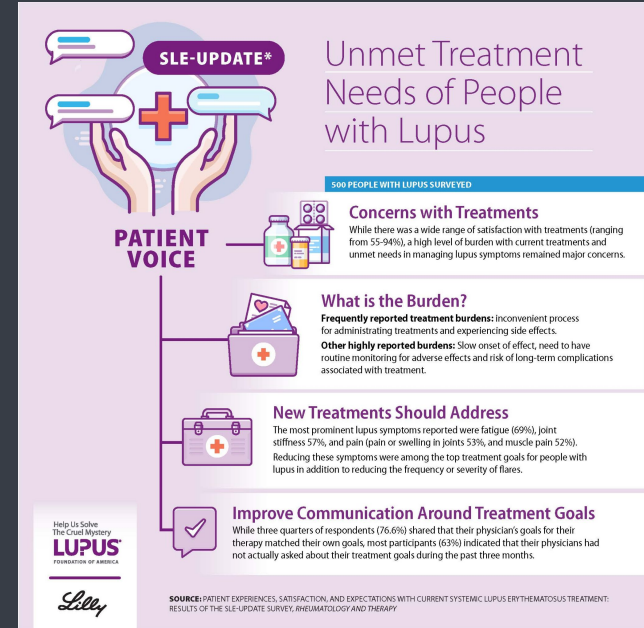
- Diagnosed by professional using assessments (CDC)
  - Physical examination, X-rays, & lab tests
- Symptoms imitate other conditions (MC)
- Early signs are not specific (CDC)
  - Multiple tests needed
- Don't know they have SLE (JHLC)
- Most distinctive symptom: Butterfly rash (JHLC)
  - Rash that extends across face



*Image courtesy of Statista*

# Treatment

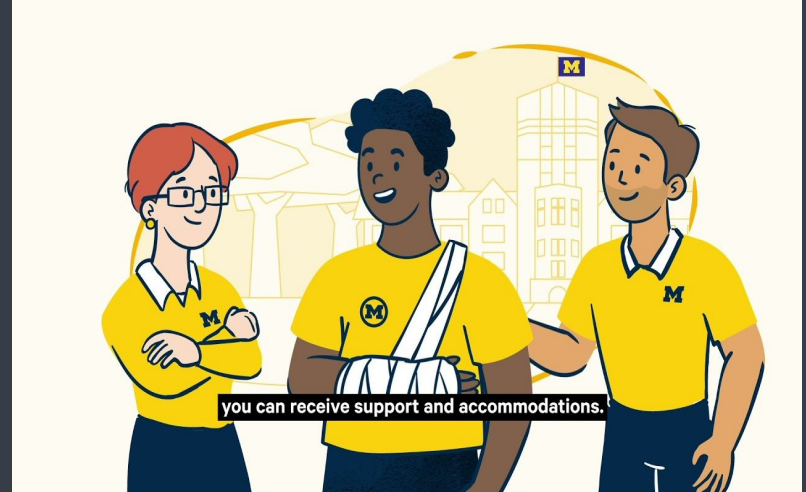
- No cure but can control it (CC)
  - Medical inventions (CC)
- Stress management (Viscuso)
- Lifestyle changes (Viscuso)
  - Breaks, water, diet, self-kindness
- Working to find cure (BMJ)
  - Prevent flares & organ damage accrual
- Complications (BMJ)
  - Unsure when cure will come



*Image courtesy of LFA*

# How SLE Affects Others

- Difficulty parenting (LFA)
  - Consider mental & physical well-being
- Not able to perform activities (LFA)
  - Travel, exerting action, outside too long
- Emotional, social, financial issues (SC)
  - Costs for treatment, communicating
- Closer as a family (FJR)
  - Accepting, deeper faith, respect, mastery (FJR)



*Image courtesy of University of Michigan School of Social Work*

# How This Project Has Affected Me

- More aware of condition
  - What happens physically & mentally
- Gained empathy and respect
- Everyone is a person
  - Equal to everyone else
- Others are also affected
- Help in any way possible
  - Support and love



*Image courtesy of European Disability Forum*



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