

Lupus

Lupus is a type of inflammatory disease occurring when the immune system in your body begins attacking its own organs and tissues. Inflammation attributed to lupus can affect a number of different body systems, such as your skin, joints, kidneys, brain, heart, lungs and blood cells.

It can be difficult to diagnose since the symptoms and signs often mimic those of similar ailments. The most distinct sign of lupus is a facial rash resembling butterfly wings unfolding across both of the cheeks. Even though this occurs in a large amount of individuals, it doesn't always occur.

Some individuals are born with a tendency of developing the condition, which can be triggered by an infection, sunlight and certain types of drugs. Even though there isn't a known cure for lupus, treatments can help with controlling the symptoms.

Lupus occurs whenever the immune system begins attacking the healthy tissues within your body. It is likely to result from a combination of your environment and genetics. It appears that those who inherited the predisposition for the condition may develop the condition when they contact something in the environment triggering the disease.

Lupus and the Immune System

The purpose of your body's immune system is to keep any of the infectious microorganisms, such as viruses, bacteria and fungi, out of the body. It works hard to destroy any infectious microorganisms that invade the body. It is made up of a vital and complex network of organs and cells that help to protect the body from any potential infections. When the immune system isn't functioning properly, various diseases can arise. Hypersensitivity to substances and allergies are disorders of the immune system. The system plays a pivotal role in whether transplanted tissue or organs are rejected.

How to Treat Lupus:

1. Anti-Inflammatory Medication

Over-the-counter anti-inflammatory medications can help to treat swelling, pain and fever attributed to lupus.

2. Anti-Malarial Drugs

Medications that are often used to treat malaria are beneficial at controlling the effects of lupus.

3. Corticosteroids

Corticosteroids and prednisone can help to counteract the inflammation relating to lupus, but they often produce long-term side effects like osteoporosis, weight gain, easy bruising, diabetes, an increased chance of infection and high blood pressure.

4. Immune Suppressants

Drugs suppressing the immune system might be helpful in dealing with the more serious cases of lupus. Benlysta helps to reduce lupus symptoms in individuals.

5. Nutrition Therapy, and Other Holistic Therapies

Lots of therapists can help with Lupus by re-balancing the body, and helping the body to function more effectively. Good nutrition is of key importance. Other therapies may include acupuncture, physiotherapy, chiropractic, osteopathy, reflexology and reiki.

Tips:

- Those suffering with lupus often have persistent fatigue that isn't always relieved by rest. Getting plenty of sleep at night and taking naps throughout the day is beneficial.
- Gentle exercise is recommended such as cycling and swimming which helps to mobilize the joints without putting too much strain through them.
- Since ultraviolet light can trigger flare-ups, make sure to wear protective clothing and use sunscreen whenever you go outside.
- Smoking increases the chance of cardiovascular disease, which can worsen the effects of lupus on your blood vessels and heart.
- Maintain a healthy diet consisting of vegetables, fruit and whole grains. Look at the advice sheet on anti-inflammatory diet too.