

Systemic Lupus Erythematosus (SLE)

Lupus is a type of autoimmune disease that is characterized by either chronic or acute inflammation of the various tissues located within the body. These types of diseases are a type of illness that occurs whenever the tissues of the body are attacked by the body's own immune system. One of the ways the body fights against the infection is by producing antibodies that will end up binding to the microbes. Those who have this condition actually have an abnormal amount of antibodies in their blood that end up targeting the tissues inside of the body instead of fighting off the infections.

Since the inflamed cells and antibodies can affect any one of the tissues in the body, multiple areas can be affected at one time. The condition can cause diseases of the heart, skin, lungs, heart, joints, kidneys and the nervous system. Whenever internal organs are affected, the condition is referred to as systemic lupus erythematosus.

Systemic Lupus Erythematosus (SLE) Anatomy

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 Systemic Lupus Erythematosus:

1. Rest

People who have SLE need to take more time to rest. Poor quality of sleep is one of the main factors in why people with SLE become fatigued. Addressing sleep quality and the underlying effects of depression, self-care coping mechanisms and lack of exercise are all important. Exercise is carefully prescribed to help maintain muscle tone and movement.

2. Reduce Stress

Stress plays an important role in the body's ability to heal itself, and can release hormones that over the longer term are detrimental to the body.

3. Corticosteroids

Corticosteroids are a lot more potent at reducing inflammation and helping to restore function whenever the disease is active. These medications are especially helpful whenever the internal organs are affected. Corticosteroids can be injected into the site, administered by an IV or taken orally.

Various other medications are also available to help figure out which one is going to work the best for your specific condition and severity.

Tips:

- Medications can help to prevent an increase in the disease activity.
- People who have SLE need to avoid being exposed to the sun, as ultraviolet light may worsen flare-ups.
- If you have to go outside, make sure you cover your extremities with clothing or a sunscreen.
- Don't stop medications abruptly as this can cause a flare-up to occur.
- For those who have SLE, the chance of getting an infection are increased. If you get a fever out of the blue, you need to be evaluated.