

Living with Lupus

Living with a chronic (long-lasting) disease like systemic lupus erythematosus (lupus) can be stressful. But your actions can help you manage lupus and lower the stress you may feel.

Eat Healthy

Lupus may increase the risk of early heart disease. It is important to talk with your healthcare provider about a heart-healthy diet. Eat regular meals and choose a variety of heart-healthy foods. Add fresh fruits, vegetables, and whole grains to your meals. A healthy diet can also help keep your energy up.

Write down your favorite healthy foods you plan to try.

Take Your Medicine

Take your medicine as directed by your provider to help manage your symptoms. Talk with your provider before taking any herbs, supplements, or vitamins. These may affect any medicines you take for lupus.

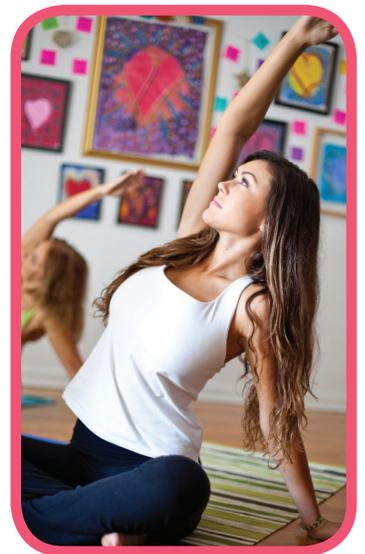
Stay Active

Most people with lupus should try to take part in some form of exercise. Examples include walking, swimming, and some types of yoga.

There are many possible benefits to a regular exercise program. Place a check mark next to your goals:

- | | |
|--|---|
| <input type="checkbox"/> Keep your heart healthy | <input type="checkbox"/> Improve range of motion |
| <input type="checkbox"/> Reduce muscle stiffness | <input type="checkbox"/> Prevent bone loss (osteoporosis) |
| <input type="checkbox"/> Strengthen muscles | <input type="checkbox"/> Lose weight |

Be sure to talk with your provider before starting any exercise program.



Be Sun-Smart

Many people with lupus are sensitive to ultraviolet (UV) rays. They can develop rashes after exposure to the sun. This is called photosensitivity. Sunlight is one source of UV rays. Place a check mark next to the things you plan to do to limit your exposure to UV rays when outdoors:

- Wear sunscreen with an SPF of at least 30. Be sure the container says “broad spectrum”
- Be sure to cover areas that may be exposed to the sun (eg, the neck, temples, ears)
- Stay out of the sun, especially when UV rays are at their peak (10 a.m. to 3 p.m.)

Talk with your healthcare provider about changes you can make in your daily life to help you feel better.



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