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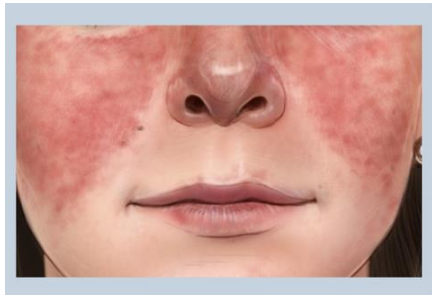
Systemic Lupus Erythematosus



What is Systemic Lupus Erythematosus?

It is an autoimmune disease usually affects women of childbearing age.

It can affect all the organs of the body, so early diagnosis and treatment are important to avoid severe complication in organs such as the kidneys.



What are the types of Lupus?

- **Systemic lupus:** They affect all organs of the body.
- **Cutaneous (discoid) lupus:** it affects the skin, it looks



like rash usually affects the exposed part to the sun.

- **Lupus due to medication:** Usually it comes slightly and rarely affects the main organs of the body, its treatment is to stop the causative drug.
- **Lupus in newborns:** A very rare disease, it affects newborns of mothers with the disease.



Is there a cure for Lupus?

There are drugs that help control the disease and reduce its complications.

What are the used treatments?



Medication: Hydroxy, chloroquine.

Medication during seizures: Cortisone,



Topical treatment: sunscreen.

What are the types of rashes?



Discoid baldness



Face rash (Butterfly rash)

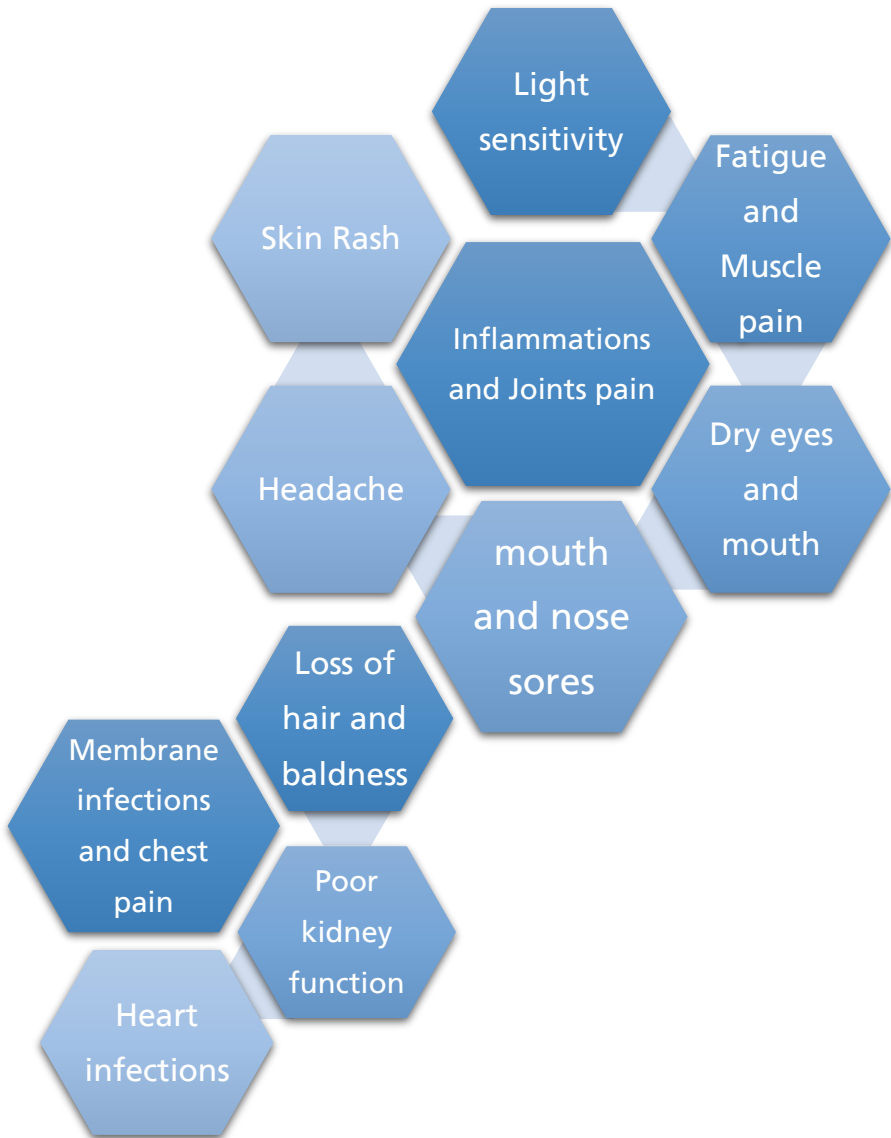


Maculopapular rash
Caused by sun exposure



Discoid face rash

What are the symptoms of the disease?



What are the general tips for Lupus patients?

- Healthy diet.
- Exercise and maintain a physical fitness.
- Relax and have a sufficient amount of rest.
- Avoid direct exposure to sunlight.
- Keep applying sunscreen.
- Avoid smoking and sitting next to smokers.
- Take some additional vaccinations to avoid infection.



Sources and References:

All illustrative photos from Canva.com

Review and Audit:

The content of this booklet was reviewed by a consultant in the dermatology department at King Fahad Hospital the University.

Dermatology department

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