

TAKING CHARGE *of* LUPUS

"An informative, comprehensive read for patients and families dealing with the challenges of lupus." —Mary McIlvenough, Actress and President of Lupus LA

HOW TO MANAGE THE
DISEASE AND MAKE
THE MOST OF YOUR LIFE

Maureen Pratt and David Hallegua, M.D.
Foreword by Daniel J. Wallace, M.D.

Taking Charge Of Lupus

Donald E. Thomas Jr.



Taking Charge Of Lupus:

Coping with Lupus Robert H. Phillips, 2012-04-03 A completely updated and revised edition that provides comfort information strategies and advice for those living with lupus There is no cure for lupus so a diagnosis of this potentially debilitating autoimmune disorder is understandably disquieting This new edition of Coping with Lupus answers all the important questions one might have and offers practical coping strategies to help those with lupus live their lives to the fullest Dr Robert Phillips the founder and director of the Center for Coping lends his expertise in dealing with the psychological aspects of chronic health problems to address a range of issues including The medical facts what lupus is and how it is diagnosed and treated Medications nonmedical pain control methods exercise and diet Lifestyle changes to maintain optimal physical and emotional health Coping strategies for virtually every facet of living with lupus

Taking Charge of Lupus Maureen Pratt, David Hellegua, 2002 Based on her personal experiences and written with a doctor Pratt provides essential information on how to manage the condition on a day to day basis

Despite Lupus Sara Gorman, 2009 Looking for a better way to manage life with a chronic illness Despite Lupus will guide you through the proven steps needed to obtain the emotional and physical wellness you deserve

The Lupus Encyclopedia Donald E. Thomas Jr., 2023-09-05 Now completely updated The best selling most comprehensive guide to lupus its complications and management Lupus is an autoimmune disease that can attack any body organ It is three times more common in the United States today than it was in the 1980s so there is an increased need for accurate practical information on this potentially devastating disease Lupus expert and clinician Donald E Thomas Jr MD provides all the helpful information patients need so they can understand and treat this disease Highlighting amazing advancements in the diagnosis and treatment of lupus this edition includes new and expanded information on The latest FDA approved medications How lupus affects different body parts Advanced labs that improve lupus diagnosis and treatment The role of the microbiome and anti inflammatory diets Updated recommendations for those who are pregnant or breastfeeding Childhood onset lupus The interaction between COVID 19 and lupus Non drug treatments complementary medicine and medical cannabis The gold standard since it was first published and carefully reviewed by experts in the field the latest edition of The Lupus Encyclopedia is essential for patients health care providers and families Bonus content on insurance issues and information about working with lupus and disability is also available online Endorsed by The Lupus Foundation of America Contributors Jemima Albayda MD Divya Angra MD Alan N Baer MD Sasha Bernatsky MD PhD George Bertsias MD PhD Ashira D Blazer MD Ian Bruce MD Jill Buyon MD Yashaar Chaichian MD Maria Chou MD Sharon Christie Esq Angelique N Collamer MD Asht Collins MD Caitlin O Cruz MD Mark M Cruz MD Dana DiRenzo MD Jess D Edison MD Titilola Falasinnu PhD Andrea Fava MD Cheri Frey MD Neda F Gould PhD Nishant Gupta MD Sarthak Gupta MD Sarfaraz Hasni MD David Hunt MD Mariana J Kaplan MD Alfred Kim MD Deborah Lyu Kim DO Rukmini Konatalapalli MD Fotios Koumpouras MD Vasileios C Kyttaris MD Jerik Leung MPH Hector A Medina MD Timothy Niewold

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general Focused state of the art chapters prepared by top notch experts in the field Latest understanding of cellular molecular biochemical aspects of disease pathogenesis Advanced aspects of genetic microbiome environmental hormonal and immunological contribution to the expression of the disease Current understanding of clinical features of the disease Recent efforts to develop new treatments The Lupus Book Daniel J. Wallace,2005-06 One of the world s leading authorities on lupus who has treated over 2 000 lupus patients discusses the newest breakthroughs in drug treatments and alternative therapies as well as updated information on the immune system in user friendly language that any patient can understand

Lupus Hayley Mitchell Haugen,2010-03-05 Lupus is a chronic inflammatory disease where your immune system attacks your own tissues and organs Your readers are provided with essential information on Lupus This book also serves as a historical survey by providing information on the controversies surrounding its causes Compelling first person narratives by people coping with Lupus give readers a first hand experience Readers will learn from the words of patients family members or caregivers The symptoms causes and treatments explained in detail Alternative treatments are also covered Each essay is carefully edited and presented with an introduction so that they are accessible for student researchers and readers Includes charts graphs and tables Lupus Terri Nass,1998

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