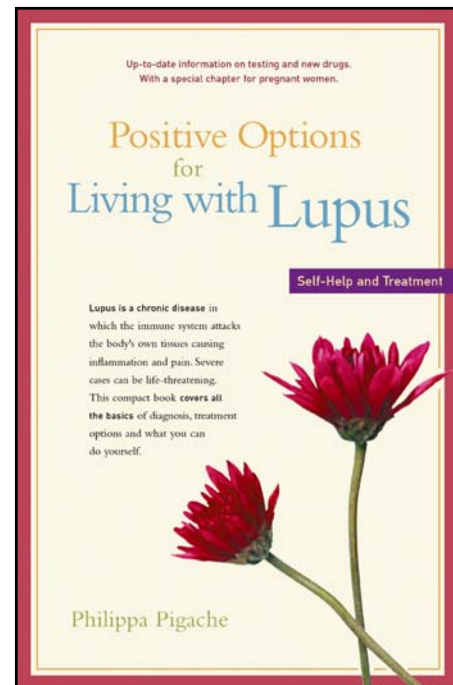


Learning to See the Positive Options of Living with Lupus

Lupus is a difficult-to-diagnose condition in which the immune system attacks the body. It affects more than 1.5 million Americans, mostly women ages 15–40. Symptoms include fatigue, joint pain, muscle ache, anemia, and a tell-tale face rash. Effects range from mild to life threatening (when major organs are attacked).

Treatments have improved greatly in recent years and are covered in this book, along with information about the different types of Lupus; when to call the doctor; lupus and pregnancy; self-help measures, including rest, diet and exercise; complementary remedies; dealing with flare-ups; and coping with work and money difficulties.



Positive Options for Living with Lupus

Self-Help and Treatment

by Philippa Pigache

CONTENTS INCLUDE

- ◆ Recognizing Lupus
- ◆ Who Develops Lupus, Where, and Why?
- ◆ The Causes of Lupus
- ◆ Diagnosing Lupus 1: In the Doctor's Office
- ◆ Diagnosing Lupus 2: In the Laboratory
- ◆ Treating Lupus with Drugs
- ◆ Do-It-Yourself Lupus Management
- ◆ Seven Lupus-Like Conditions

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- ◆ Pre-publication review pitches to trade journals
- ◆ Review and excerpt pitches to health editors — and women's health editors — at newspapers in the top 40 U.S. markets
- ◆ Review pitches to a wide range of relevant trade publications for medical and health-care professionals

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