|  |  |  |
| --- | --- | --- |
|  |  | |
|  | **Treatment and Management of Systematic Lupus:**  Doctors have had a hard time treating Lupus because in order to find a cure, the cause of the disease must be known and because we still do not know the cause of Lupus, there is no cure. Treatment consists of treating the individual symptoms of Lupus so treatment is usually different for every patient. According to Dr. Robert Lahita, the goal of treating SLE is to stop the immune system from attacking and destroying vital organs. There are four basic measures that must be considered when treating Systematic Lupus. They are physical, medication, surgery, and counseling. Oddly enough, the psychological healing process of Lupus may be the most important as Dr. Daniel Wallace reports that "The head bone is connecting to the Lupus bone," suggesting that a patient�s mental attitude and outlook on life may have a direct impact on the physical healing of the disease. There are both medical and non-medical options in treating SLE.  **Non-Medical Treatment For SLE:**  1. **Good Diet and Nutrition:** Should have a well-balanced diet with 50-55% carbohydrates, 15% protein, and less than 30% of calories from fat. Also, nightshade foods (see list in previous section called "Causes of Lupus") should be avoided.  -It is suggested by Dr. William Clark who wrote the article, "Should Fish Be Your Dish," to include fish oil in a patient�s diet, which acts as an anti-inflammatory agent by substituting for other fats when the body makes inflammation, generating biochemicals. Fish oil can be found in Mackerel, Pacific Salmon, or fresh Albacore Tuna, which offer five grams of omega-3�s, the beneficial part of the oil. Six grams a day is suggested to reduce inflammation but up to 15-18 grams a day is needed to offer cardiovascular protection.  2. **Vitamins:** Before any patient starts taking vitamins, it is essential that the patient first consult his or her doctor. It is suggested that antioxidants may offer protection by helping the free radicals to obtain their own electrons from the antioxidants in Lupus patients, stopping them from stealing the electrons of healthy molecules in a cell�s outer membrane. Doctors recommend Vitamin C and E, the minerals selenium, zinc, and beta-carotene (yellow pigment found in cantaloupe, carrots, oranges, and other yellow fruits and vegetables). Dr. Blau recommends calcium and vitamin D to Lupus patients. He suggests calcium due to the fact that many lupus medications such as steroids like prednisone cause bone loss and Vitamin D because it helped the body absorb the calcium. Vitamin D can be found in milk, egg yolk, and fatty fish such as Salmon. This is published in Dr. Blau�s article entitled, "Bone Up with Calcium and Vitamin D." Please see the attached chart, which shows a suggested daily intake of vitamins for Lupus patients.  3. **Exercise:** Many patients believe that exercise will worsen their condition, however the opposite is true. In Lupus patients, exercise has been proven to strengthen muscles, increase flexibility, increase well being, and maintain range of motion in inflamed joints. It is suggested to many lupus patients to consult a physical or occupational therapist or a vocational rehabilitation center. Psychological exercise is also suggested including methods such as biofeedback.  4. **Beat Fatigue:** Lupus patients are encouraged to determine the cause of their fatigue such as anemia or depression and then to pace themselves. They should always take appropriate medications, get atleast eight hours of sleep a night, engage in regular exercise, and rest or nap when tired.  5. **Take time to adjust to new environments:** Often changes in surroundings can aggravate flares so when in a new place, SLE patients should get used to their surroundings including changes in temperature, humidity, and climate, before they determine how their body is going to react to the new place.  6. **Avoid the Sun and Heavy UV Exposure:** For reasons unknown, sun exposure can be a major trigger of SLE. Not all patients of SLE are photosensitive, or break out in rashes, but internal damage may still be occurring. For this reason, it is extremely important for Lupus patients to always wear sunscreen protecting against the UVA and UVB rays of the sun, which are suspected to damage superficial deposits of DNA when they hit the surface of the skin.  7. **Avoid Reactions in Patients with Allergies:** For reasons unknown, a higher percentage of people with Lupus have allergies than the normal population. It is important to avoid reactions as they can cause flares  8. **Ginger:** Capsules of Gingerroot powder are often prescribed to help lupus nausea and vomiting. Ginger is a carminative and intestinal spasmolytic that helps to relieve symptoms of motion sickness such as dizziness, nausea, vomiting, and cold sweating. Ginger has also been found to be an anti-inflammatory and platelet aggregator.  **Medical Treatment Of Systematic Lupus Erthematosus:**  1. **Nonsteroidal Anti-inflammatory drugs (NSAIDS):** These reduce inflammation. Some include Ibuprofen, Daypro, Relafin, Naprosyn, Indomethacin, Sulindac, Tolmetin, Vioxx, and Celebrex.  2. **Steroids (Corticosteroids):** These help to suppress the immune system response, and thus help joint and muscle pain and reduce inflammation by inhibiting prostaglandin synthesis. These also stop the release of histamine and serotonin. A list of steroids often prescribed to SLE patients includes Predisone, Solu Medrol Pack, and Hydorcortisone.  3. **Antimalarial Drugs:** These help to control skin lesions in Discoid Lupus and arthritis symptoms in SLE by inhibiting the protein synthesis, and therefore DNA and RNA polymaseses. They inhibit prostaglandin syntheses, histamine and serotinin release, and can be anti-inflammatory. Plaquenil (Chloroquine Hydroxycholoroquine) is the most common prescribed of these drugs.  4. **Sallcylates Drugs:** These are taken in very large doses to relieve arthritis-like symptoms such as stiffness and swelling, and also to maintain a therapeutic blood level. Aspirin is the most common form.  5. **Cytotoxic Drugs (Immunosuppressive Drugs):** These inhibit purine syntheses in cells and thus produce immunosuppresion. These are not used with steroids and include Azathioprine (Imuran) and Cyclopjosphamide (Cytoxan).  6. **Chemo Agents:** Used to completely suppress the immune system, putting it out of working order. The drug prescribed is called Nitrogen Mustard.  7. **Immuno Gabba Gobulin (IgG)~Immunoglobulin Infusion:** These are given intravenously and it requires hospitalization over night. Given when the serum complement levels are very low, indicating that a person�s immune system is attacking their own body. It also greatly increases low platelet counts, but is expensive at around $1800.00 for one treatment.  Even though there is still no cure for SLE, treatment options have greatly improved over the last twenty years. Once a Lupus patient is diagnosed, it is important to immediately consult a rheumatologist and explore treatment options. Together, a patient and doctor can select the proper combinations of treatment and management to better the patient�s quality of life.  ([Next)](http://docs.google.com/intro8.html) | |
|  |  | |