Lupus and Nutrition

Health Literacy Curriculum
Introduction

• What is Lupus?
• FAQ
• Symptoms
• Treatment
• The Nutrition Factor
What is Lupus?

• Chronic
• Autoimmune Disorder
• Inflammation & damage to organs
Types of Lupus

- **Systemic Lupus Erythematosus (SLE)**
  - Most common type of lupus
  - Difficult to diagnose
  - Can be life threatening
  - Can damage internal organs

- **Discoid Lupus Erythematosus (DLE)**
  - Mainly affects skin
  - Lesions or rashes on face and/or body
  - Can change in color
  - Facial ‘butterfly’ rash typical of lupus

- **Drug-induced Lupus Erythematosus (DILE / DIL)**
  - Caused by hypersensitivity to certain medications
  - Problem drugs:
    - Procainamide - Heart Problem Treatment
    - Hydralazine - Reduces high blood pressure
    - Dilantin - Prevents seizures
Frequently Asked Questions (FAQ)

- Who is at risk?
- Is Lupus terminal?
- What is the life expectancy?
- How does Lupus affect the quality of life?
Common Symptoms

- Painful or swollen joints and muscle pain (like Arthritis)
- Unexplained fever
- Red rashes, most commonly on the face
- Chest pain upon deep breathing
- Unusual loss of hair
- Pale or purple fingers or toes from cold or stress (Raynaud's phenomenon)
- Sensitivity to the sun
- Swelling (edema) in legs or around eyes
- Mouth ulcers
- Swollen glands
- Extreme fatigue
Treatments

Holistic Approach

• Medication
• Lifestyle
• Support system
• Nutrition
Treatments - Drugs

• Nonsteroidal anti-inflammatory drugs
• Antimalarial drugs
• Corticosteroids
• Immunosuppressive medications
Treatments - Lifestyle

- Mild – moderate Yoga
- Identify triggers & limits
- Warm baths
- Brace painful & swollen joints
- Rest during flare-ups
- Homeopathy
Treatment - Support System

- Laughter
- Optimism
- Vigilance
- Education
Support System

• Laughter
• Optimism
• Vigilance
• Education
Support System

• Laughter
• Optimism
• Vigilance
• Education
• Love
Nutrition

• The “Lupus Diet”
  - The Amino Acids
    Phenylalanine and Tyrosine; Aggravators
  - A low-Fat diet
  - Low-sodium
  - Vegan diet
  - Omega-3 fatty acids EPA and DHA; Fish oil
  - Magnesium
  - Vitamins: b3, b12, pantothenic acid, E, and selenium

• Low Glycaemic Diet (GI) with steroid treatment
  - Fish, meat, vegetables and certain fruits such as strawberries
  - Avoid High GI foods such as biscuits, many breakfast cereals, and sweets.
  - Weight loss and decreased fatigue ness
Nutrition

• **Foods to Avoid**
  – Alfalfa sprouts; Legume Family
  – Tomatoes
  – Potatoes
  – Eggplant
  – Peppers

• **Smoking and Alcohol**
  – QUIT SMOKING!!
  – Limit or stop drinking Alcohol
Coping with Lupus

- Family
- Difficult factors for Coping
  - Pain 65%
  - Lifestyle change (i.e. Diet) 61%
  - Emotional Problems 50%

Tips for living with Lupus:
- Rest
- Exercise
- Eat Well
- RELAX and Listen to your Body
- Be Sun Smart
- Protect yourself from Infections
- Don’t over exert yourself
- Listen to your doctor and visit them regularly
- Keep a journal of symptoms
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You are not Alone!!!
Summary

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