HELP FUND LUPUS RESEARCH AND EDUCATION PROGRAMS!

Please consider making a cash donation to the Lupus Foundation of America today. Your contribution is urgently needed to step-up efforts to find the causes and cures for lupus and to provide educational programs for people at risk for developing lupus. Your support will bring new hope to those who suffer from this devastating disease.

I wish to support the Lupus Foundation of America!

Name ______________________

My check is enclosed for

☐ $25  ☐ $50  ☐ $100  ☐ $250
☐ $500  ☐ Other $________

I authorize a gift of $__________

Using my credit card:

☐ Master Card  ☐ Visa
☐ American Express  ☐ Discover

Card # ______________________

Expiration Date ______________________

Signature ____________________________________________

Phone ____________________________________________

Contributions are tax deductible as provided by law. Please enclose this form in an envelope, with completed credit information or your check, and mail to us or go to www.lupus.org to donate on our website.

Lupus Foundation of America, Inc.
2000 L Street N.W., Suite 410
Washington, DC 20036

THANK YOU!

PROGNOSIS

It is true that medical science has not yet developed a method for curing lupus, and some people do die from the disease. However, people with non-organ threatening aspects of lupus can look forward to a normal lifespan if they:

- Follow the instructions of their physician
- Take their medication(s) as prescribed
- Know when to seek help for unexpected side effects of a medication or a new manifestation of their lupus.

Although some people with lupus have severe recurrent disease related flares and may be frequently hospitalized, most people with lupus rarely require hospitalization.

LUPUS FOUNDATION OF AMERICA, INC.

The Lupus Foundation of America is the only national force devoted to solving the mystery of lupus, on of the world’s cruellest, most unpredictable, and devastating diseases, while giving caring support to those who suffer from its brutal impact. Through a comprehensive program of research, education, and advocacy, we lead the fight to improve the quality of life for all people affected by lupus.

Our network provides information and programs to ensure people with lupus and their families get answers and health professionals know about new means to diagnose and manage the disease. With the help of informed volunteers and committed supporters, we conduct activities to increase awareness of lupus, we rally support for those who are affected by lupus and advocate on their behalf, and we raise money to support research and education programs so everyone affected by lupus can have an improved quality of life.

Help Us Solve The Cruel Mystery

LUPUS

FOUNDATION OF AMERICA

Lupus Foundation of America, Inc.
2000 L Street N.W., Suite 410
Washington, DC 20036
(202) 349-1155
www.lupus.org

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THANK YOU!

☐ Bags of Clothing
☐ Miscellaneous

All items donated to the Lupus Foundation of America are deductible for income tax purposes at their present fair market value. Internal Revenue Service Code places the responsibility for estimating the fair market value upon the donor rather than the agency receiving the gift. (Refer to IRS Publication 561, Determining the Value of Donated Property). The Lupus Foundation of America does not provide any goods or services in consideration for any property contributed. We sell your donated goods to private companies by annual bid and use the proceeds to realize our vision of a life free from lupus.

Received From

Name ____________________________________________

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Contributor's Receipt: Please save this for your tax return, as we are unable to issue a duplicate. Tax ID# 43-1131436.

For pickup service, call 844-355-8787 or online at www.lupuspickupdates.com
TEST YOURSELF FOR LUPUS

1. Have you ever had achy, painful and/or swollen joints for more than three months?

2. Do your fingers and/or toes become pale, numb or uncomfortable in the cold?

3. Have you had any sores in your mouth for more than two weeks?

4. Have you ever been told that you have a low blood count - anemia, low white cell count or a low platelet count?

5. Have you ever had a prominent redness or color change in the shape of a butterfly across the bridge of your nose and cheeks?

6. Have you ever had an unexplained fever over 100 degrees for more than a few days?

7. Have you ever had a sensitivity to the sun where your skin “breaks out” after being in the sun (not a sunburn)?

8. Have you ever had a chest pain with breathing for more than a few days (pleurisy)?

9. Have you ever been told you have protein in your urine?

10. Have you experienced persistent, extreme fatigue and weakness for days or even weeks at a time even after 6-8 hours of restful nighttime sleep?

If you answer “yes” to at least three of these questions, there is a possibility you may have lupus. We suggest you call your doctor for an examination and to discuss any questions you may have about lupus.

WHAT IS LUPUS?

Lupus is an unpredictable and misunderstood autoimmune disease that ravages different parts of the body. It is difficult to diagnose, hard to live with, and a challenge to treat.

Lupus is a cruel mystery because it is hidden from view and undefined, has a range of symptoms, hits out of nowhere, and has no known cause and no known cure. Its health effects can range from a skin rash to a heart attack. Lupus is debilitating and destructive, and can be fatal, yet research on lupus remains underfunded relative to its scope and devastation.

WHO IS AT HIGHEST RISK FOR DEVELOPING LUPUS?

More than 90 percent of people with lupus are women. Symptoms and diagnosis occur most often when women are in their child bearing years, between the ages of 15 and 44.

In the United States, lupus is more common in people of color - African Americans, Hispanics/Latinos, Asian Americans, Native Americans, Native Hawaiians and Pacific Islanders - than in the Caucasian population. It also appears that lupus develops at an earlier age and is more severe among members of these ethnic groups.

WHAT ARE THE SYMPTOMS OF LUPUS?

Because lupus can affect so many different organs, a wide range of symptoms can occur. These symptoms may come and go, and different symptoms may appear at different times during the course of the disease.

The most common symptoms of lupus, which are the same for females and males, include extreme fatigue (tiredness), headaches, painful or swollen joints, fever, swelling (edema) in feet, legs, hands, and/or around the eyes, butterfly shaped rash across cheeks and nose, sun- or light-sensitivity (photo sensitivity), hair loss, abnormal blood clotting, and mouth or nose ulcers.

HOW IS LUPUS TREATED?

Treatment approaches are based on the specific needs and symptoms of each person. Medications are often prescribed for people with lupus, depending on which organs are involved and the severity of the involvement. Commonly prescribed medications include nonsteroidal anti-inflammatory drugs (NSAIDs), acetaminophen, corticosteroids, and antimalarials, among others.

General guidelines for people with lupus include:

- Get regular rest, especially when the disease is active. When the disease is in remission, increased physical activity is encouraged to increase joint flexibility and muscle strength.

- For individuals who are photosensitive, the regular use of sunscreens will help prevent rashes and irritations. For those who still develop rashes, treatment with cortisone creams may be helpful.

- Achy joints generally respond to aspirin or aspirin-like drugs, such as NSAIDs.

- The antimalarial drug, Plaquenil, is often prescribed for more severe joint or skin involvement.

- Immunosuppressive drugs are often used for more severe organ involvement. Particularly at higher doses, these have possible hazardous side effects.

- If you have a fever (over 100 degrees F), call your doctor.

- Go to your doctor for regular checkups.

- When in doubt, ask your doctor.