

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



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- **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

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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!!!

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