

# World Lupus Day

## WHAT IS LUPUS?

Lupus is a chronic autoimmune disease where the body's immune system attacks its own healthy tissues, affecting skin, joints, kidneys, brain, and other organs.

## KEY SYMPTOMS

Fatigue - 🤪

Joint pain and swelling - 🦴

Skin rashes (often butterfly-shaped across cheeks) - 🦋

Fever - 🤒

Hair loss - 🧔

Sensitivity to sunlight - ☀️

## TREATMENT

- NSAIDs (e.g., Naproxen 250-500 mg BID) – for pain/inflammation
- Hydroxychloroquine (200-400 mg/day) – cornerstone for all SLE patients
- Corticosteroids (e.g., Prednisolone 5-60 mg/day depending on severity)
- Immunosuppressants:
- Azathioprine 1-3 mg/kg/day
- Mycophenolate mofetil 1-3 g/day
- Methotrexate 7.5-25 mg/week
- Biologics (in severe cases): Belimumab, Rituximab

## WHAT PHARMACISTS SHOULD OBSERVE & DO:

- **Frequent visits for painkillers or joint pain relief** → Ask about duration, stiffness in mornings, and refer if persistent (>6 weeks).
- **Patients complaining of unexplained fatigue or recurring low-grade fever** → Consider possibility of autoimmune issue; advise medical checkup.
- **Visible skin rashes on face**, especially butterfly-shaped over cheeks and nose → Sensitize patient about sun sensitivity and recommend dermatologist/rheumatologist referral.
- **Hair thinning or unusual hair loss** noted during counseling → Ask about other symptoms like fatigue, joint pain.
- **Photosensitivity complaints** (rashes worsen after sun exposure) → Educate on sun protection (sunscreen, timing) and suggest further evaluation.
- **Patients using multiple medicines with little relief** → Recommend ANA testing or physician consultation for systemic issues.

Ref:Lupus Foundation of America

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