

Help raise LUPUS AWARENESS in 2017



I badly needed information about lupus.

LUPUS UK provided it and put me in touch with my local group, giving me the opportunity to talk and meet other people with lupus.

LUPUS UK

www.lupusuk.org.uk
Tel: 01708 731251

Registered Charity Nos. 1051610, SC039682

WHAT IS LUPUS?

Lupus is an illness of the immune system which may affect any part of the body and can cause many symptoms. 90% of lupus patients are female but men and young children are also affected.

Symptoms of lupus may vary and include:

- Joint and muscle pain
- Extreme fatigue
- Kidney problems
- Heart and lung involvement
- Mouth/nasal ulcers
- Skin rashes
- Flu-like symptoms
- Hair loss
- Recurrent miscarriages
- Anaemia

Visit our website: www.lupusuk.org.uk

Order FREE
supplies ready for
LUPUS
AWARENESS
MONTH
in October

www.lupusuk.org.uk
01708 731251

LUPUS UK

Reg. Charity Nos. 1051610, SC039682

MY LUPUS IS ALWAYS THERE BUT OTHER PEOPLE CAN'T SEE IT

LUPUS is an autoimmune disease that can affect any body. 90% of cases are female and it often invisible

Lupus attacks the body and can cause:

- Kidney problems
- Heart & lung issues
- Increased risk of osteoporosis
- Sensitivity to light
- Extreme fatigue
- Joint pain
- Hair loss
- Rashes
- Head aches and more.

OCTOBER IS LUPUS AWARENESS MONTH - LEARN MORE AT:
www.lupusuk.org.uk

LUPUS UK
 THE CHARITY FOR LUPUS

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LUPUS
 (WOLFE-DISEASE) SYSTEMIC LUPUS ERYTHEMATOSUS)

Lupus is probably the most multi-organ disease people may have just a pain or one of the symptoms

- CENTRAL NERVOUS SYSTEM:** Seizures, Paralysis, Neurodegeneration, Headaches, Chronic Pain, Multiple Sclerosis or Migraine
- EYE:** Red, Swollen, Itchy, Dryness, Corneal Opacity, Scleritis
- BLIND:** Diabetic Retinopathy, Retinal Detachment
- SKIN COVERINGS:** Rash, Ulcers, Ulcers, Sores, Hair Loss, Alopecia, Photosensitivity, Mouth and Nose, Mouth and Throat
- LIVING MEMBRANES:** Pericarditis, Pleurisy, Endocarditis
- LYMPHOGENITIVE:** Liver and Spleen Enlargement
- REPRODUCTIVE:** Menstrual, Amenorrhea, Premature Ovarian Failure
- GENERAL SYMPTOMS:** Fever, Aches, Numbness, Swelling, Weight gain or loss
- INTERNAL ORGANS:** Heart, Kidney, Lungs, Stomach
- MUSCULOSKELETAL:** Arthritis, Pain, and Stiffness

- LUPUS is probably invisible - the disease process is internal and not on the person, unless there is a rash or swollen joints or other symptoms
- Lupus is a chronic disease and can be life-threatening
- 90% of all lupus patients are women - men and children may also have lupus
- There may be active progression of the disease process over long periods in diagnosed and undiagnosed patients
- Active lupus disease is possible for many patients
- Lupus is probably genetic - multiple and other genes can also contribute to the triggering of the disease

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Registered Charity No. 252494 - 02000089

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LUPUS UK

#THISISLUPUS

Help make this hidden autoimmune disease visible

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October is Lupus Awareness Month

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"NOBODY TAKES YOU SERIOUSLY WHEN YOU LOOK WELL"

Lupus is a potentially life-threatening autoimmune disease which is often invisible to everyone except those living with it

OCTOBER IS LUPUS AWARENESS MONTH

www.lupusuk.org.uk
 01708 731251

The Charities Act 1999
 01708 731251

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Look closer during LUPUS AWARENESS MONTH this OCTOBER

LUPUS

You can't always see it, but that doesn't mean it's not there!

LUPUS

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The Charities Act 1999
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HELP PROMOTE LUPUS UK



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WOULD YOU LIKE TO KNOW MORE?

All Please send the Name Card (Information on how to order) to: Lupus UK, 17 Avenue Road, London, N1 2EJ. (Overseas: Lupus UK, 17 Avenue Road, London, N1 2EJ, UK)

WE (Lupus UK) would like to supply for membership of LUPUS UK and to receive a certain amount from the donation you send with you. (The value of a donation is printed on the LUPUS UK card.)

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Signature: _____

Date: _____

1. I would like to know more about Lupus UK and to receive a certain amount from the donation you send with you. (The value of a donation is printed on the LUPUS UK card.)

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WHAT IS LUPUS?

LUPUS UK

Lupus is an illness of the immune system which may affect any part of the body, and can cause many symptoms. It is a chronic illness and affects both men and women. Children can also be affected.

Symptoms of lupus may vary and include:

- Joint and muscle pain
- Extreme fatigue
- Kidney problems
- Heart and lung involvement
- Mouth sores ulcers
- Skin rashes
- The hair symptoms
- Neurological involvement
- Severe anaemias

Visit our website: www.lupusuk.org.uk

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Need to talk about LUPUS?

We're here to listen

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LUPUS UK

We're the national charity for all people affected by lupus in England, Wales, Scotland and Northern Ireland.

WE AIM TO:

- Advise and support patients with lupus in all its forms and their carers, and to encourage those with the disease to be involved in managing their illness.
- Raise public awareness about lupus, particularly within the medical profession.

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LUPUS UK

Learn more about lupus on our website at www.lupusuk.org.uk

Phone 01708 721251 for more information

Approved Charity No. 103442 (120482)



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LUPUS UK

Thank You

www.lupusuk.org.uk

LUPUS UK is the national charity caring for those with systemic lupus erythematosus (SLE) and related lupus erythematosus (DLE), supporting people in their journey with symptoms prior to diagnosis and beyond.

JOIN THE FIGHT AGAINST LUPUS

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SUPPORTING PEOPLE WITH LUPUS

Telephone: 01708 721251

www.lupusuk.org.uk



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LUPUS UK

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- The hair symptoms
- Neurological involvement
- Severe anaemias

WE AIM TO:

- Advise and support patients with lupus in all its forms and their carers, and to encourage those with the disease to be involved in managing their illness.
- Raise public awareness about lupus, particularly within the medical profession.
- Help research into lupus, its causes, inheritance and treatment.
- Gain funding for essential equipment within the NHS.

You can help by taking up membership for just £10 a year. We'll be pleased to send you our magazine every three months as well as regular information on lupus and LUPUS UK.

LUPUS UK
17 Avenue Road, London, N1 2EJ
Tel: 01708 721251
www.lupusuk.org.uk

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LUPUS JOIN THE FIGHT AGAINST LUPUS

2017

May 19th is World Lupus Day
October is Lupus Awareness Month

| MONTH | JANUARY | FEBRUARY | MARCH | APRIL |
|-----------|---------|----------|-------|-------|
| JANUARY | 1 | 2 | 3 | 4 |
| FEBRUARY | 5 | 6 | 7 | 8 |
| MARCH | 9 | 10 | 11 | 12 |
| APRIL | 13 | 14 | 15 | 16 |
| MAY | 17 | 18 | 19 | 20 |
| JUNE | 21 | 22 | 23 | 24 |
| JULY | 25 | 26 | 27 | 28 |
| AUGUST | 29 | 30 | 31 | |
| SEPTEMBER | | | | |
| OCTOBER | | | | |
| NOVEMBER | | | | |
| DECEMBER | | | | |

LUPUS UK, 17 Avenue Road, Eastern Road, London, Essex SM1 2JW. Tel: 01708 721251
www.lupusuk.org.uk

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Joining The Fight With LUPUS

LUPUS UK

The Triggers of Lupus

| Trigger | Effect |
|------------|------------------|
| Stress | Worsens symptoms |
| Illness | Worsens symptoms |
| Medication | Worsens symptoms |
| Smoking | Worsens symptoms |
| Alcohol | Worsens symptoms |
| Other | Worsens symptoms |

How can you avoid the symptoms of lupus?

1. Avoid stress by taking regular breaks and doing things you enjoy.

2. Avoid illness by staying healthy and getting regular check-ups.

3. Avoid medication that can worsen lupus symptoms.

4. Avoid smoking and drinking alcohol.

5. Avoid other triggers that you know can worsen your symptoms.

6. Avoid sun exposure by wearing a hat and using sunscreen.

7. Avoid cold and flu by getting vaccinated and staying healthy.

8. Avoid dehydration by drinking plenty of water.

9. Avoid overexertion by listening to your body and resting when needed.

10. Avoid emotional stress by talking to a professional.



PLEASE FORWARD COMPLETED FORM TO:

LUPUS UK, St James House, Eastern Road, Romford, Essex RM1 3NH

or email your order to - headoffice@lupusuk.org.uk

| ITEM | SIZE | TITLE | NO. REQUIRED |
|------|-------------------|--|----------------|
| A | A4 | Invisible Lupus | (max 5) _____ |
| B | A3 | Lupus Schematic (Body map showing symptoms) | (max 1) _____ |
| C | A4 | Badly Needed Information for Clinics, Hospitals etc. | (max 5) _____ |
| D | A4 | #THISISLUPUS | (max 5) _____ |
| E | A5 | #THISISLUPUS | (max 5) _____ |
| F | A4 | Nobody Takes You Seriously | (max 5) _____ |
| G | | Lupus Awareness Month Stickers (sheet of 24) | (max 2) _____ |
| H | A5 | Look Closer during Lupus Awareness Month | (max 5) _____ |
| I | A4 | Look Closer during Lupus Awareness Month | (max 5) _____ |
| J | A5 (double sided) | What is lupus? | (max 50) _____ |
| K | | Display Stand to hold bookmarks or A5 leaflets | (max 3) _____ |
| L | | Balloons | _____ |
| M | A4 folded | Contact leaflet - Need to talk about LUPUS? | (max 10) _____ |
| N | | Sheet of stickers (48 per sheet) | (max 2) _____ |
| O | | Car Sticker | (max 5) _____ |
| P | | Tin Badges | (max 10) _____ |
| Q | | Bookmarks | (max 50) _____ |
| R | A5 | Someone You Know booklet | (max 10) _____ |
| S | | Collecting Box | (max 1) _____ |
| T | | Two Year Desk Top Calendar 2017/2018 | (max 1) _____ |

Please tick box if you require a further copy of this leaflet

PLEASE COMPLETE IN BLOCK CAPITALS

Tel No.

Title **Initials** **Surname**

Address

.....

..... **Postcode**