

Help raise LUPUS AWARENESS in 2018

Order **FREE**
supplies ready for
**LUPUS
AWARENESS
MONTH**
in October

**"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

COULD SOMEONE YOU KNOW HAVE LUPUS?

LACK OF AWARENESS OF LUPUS CONTRIBUTES TO AN
AVERAGE DELAY IN DIAGNOSIS OF OVER 6 YEARS!



Sun-sensitive rash
Extreme fatigue
Joint pain
Hair loss
Mouth ulcers
Recurrent miscarriages
Depression
and more!

#THINKLUPUS

Learn more at www.lupusuk.org.uk or call 01708 731251

**LUPUS
UK**

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. 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

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 anybody. 90% of cases are female and it is 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
- Month's weight loss


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

LUPUS UK
The National Lupus Society

A

B

LUPUS (OR SYSTEMIC LUPUS ERYTHEMATOSUS)
Lupus is probably the most multi-organ disease affecting any one age or sex or many of the organs.



CENTRAL NERVOUS SYSTEM
Seizures, Parosmia, Parosmia, Parosmia, Parosmia or Irrigoria

BLIND
Blurred Vision, Abnormal Accommodation

EAR, NOSE AND THROAT
Rhinorrhoea, Pharyngitis, Otitis Media

ENDOCRINOLOGY
Low and High Cortisol

REPRODUCTIVE
Infertility, Miscarriage, Premature Birth, Spontaneous Abortion

GENERALISED SYMPTOMS
Fever, Aching, Anorexia, Fatigue, Weight Loss, Weight Gain or Gain

EYE
Rheumatoid Nodules, Conjunctivitis, Uveitis, Scleritis

SKIN
Rashes, Discoid LE, Subacute Cutaneous LE, Chronic Cutaneous LE, Photosensitivity (Photosensitivity of Photosensitivity, Photosensitivity of Photosensitivity)

SCALP
Rheumatoid Nodules, Alopecia, Alopecia Areata

CARDIO-RESPIRATORY
Rheumatoid Nodules, Scleritis

MUSCULOSKELETAL
Arthritis, Arthritis and Fibrositis

- LUPUS is probably invisible - but doesn't prevent it.
- It's not always obvious and it can be painful.
- Lupus is a multi-organ disease and can affect any part of the body.
- 90% of all lupus patients are female, and only 10% are male.
- There may be a link between lupus and other autoimmune diseases such as Sjogren's syndrome.
- There is a link between lupus and other autoimmune diseases such as Sjogren's syndrome.
- Lupus is a chronic disease and can be life-threatening.
- Lupus is a chronic disease and can be life-threatening.

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 721251

C

LUPUS UK



#THISISLUPUS

Help make lupus more visible. An autoimmune disease more visible!

OCTOBER IS LUPUS AWARENESS MONTH

LUPUS UK
www.lupusuk.org.uk
Tel: 01708 721251

D

October is Lupus Awareness Month

October is Lupus Awareness Month

October is Lupus Awareness Month

October is Lupus Awareness Month


October is Lupus Awareness Month

LUPUS UK
www.lupusuk.org.uk
Tel: 01708 721251

G

COULD SOMEONE YOU KNOW HAVE LUPUS?

LACK OF AWARENESS OF LUPUS CONTRIBUTES TO AN AVERAGE DELAY IN DIAGNOSIS OF OVER 6 YEARS!



Sun-sensitive rash
Extreme fatigue
Joint pain
Hair loss
Mouth ulcers
Depression and mood

#THINKLUPUS
Learn more at www.lupusuk.org.uk or call 01708 721251

LUPUS UK
The National Lupus Society

F

LUPUS UK



#THISISLUPUS


Help make lupus more visible. An autoimmune disease more visible!

OCTOBER IS LUPUS AWARENESS MONTH

LUPUS UK
www.lupusuk.org.uk
Tel: 01708 721251

E

Look closer during **LUPUS AWARENESS MONTH** this OCTOBER



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

LUPUS UK
www.lupusuk.org.uk
Tel: 01708 721251

I



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	I badly needed information for clinics, hospitals etc.	(max 5) _____
D	A4	#THISISLUPUS	(max 5) _____
E	A5	#THISISLUPUS	(max 5) _____
F	A4	Could someone you know have lupus?	(max 5) _____
G		Lupus Awareness Month stickers (sheet of 24)	(max 2) _____
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) _____

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

PLEASE COMPLETE IN BLOCK CAPITALS

Tel No.

Title **Initials** **Surname**

Address

.....

..... **Postcode**

HELP PROMOTE LUPUS UK



J

WOULD YOU LIKE TO KNOW MORE?

4) Please send the (insert check) information on lupus (UK) to: Lupus UK, 51 Essex Road, London EC2A 4PU

5) I/We should like to supply for membership of LUPUS UK. I/We would like to collect samples from a further three such packs. The number of samples to be sent is: _____

Name: _____

Address: _____

Postcode: _____

Daytime telephone: _____

Mobile: _____

Work: _____

Home: _____

Other: _____

Signature: _____

Date: _____

I would like to know more about lupus (UK) and I would like to receive the following information:

1) I would like to know more about lupus (UK) and I would like to receive the following information:

2) I would like to know more about lupus (UK) and I would like to receive the following information:

3) I would like to know more about lupus (UK) and I would like to receive the following information:

4) I would like to know more about lupus (UK) and I would like to receive the following information:

5) I would like to know more about lupus (UK) and I would like to receive the following information:

6) I would like to know more about lupus (UK) and I would like to receive the following information:

7) I would like to know more about lupus (UK) and I would like to receive the following information:

8) I would like to know more about lupus (UK) and I would like to receive the following information:

9) I would like to know more about lupus (UK) and I would like to receive the following information:

10) I would like to know more about lupus (UK) and I would like to receive the following information:

K

LUPUS UK

WHAT IS LUPUS?

Lupus is an illness of the immune system which may affect any part of the body and can cause many symptoms. Some lupus patients, children may 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
- Flu like symptoms
- Hair loss
- Increased miscarriages
- Anaemia

Visit our website: www.lupusuk.org.uk

M

Need to talk about **LUPUS?**

We're here to listen

K

LUPUS UK

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

WE AIM TO:

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

LUPUS UK

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

WE AIM TO:

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

LUPUS UK

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

Phone 01708 731251 for more information

Approved Charity No. 1014281 (000000)



O

LUPUS UK

JOIN THE FIGHT AGAINST LUPUS

01708 731251

www.lupusuk.org.uk



Q

LUPUS UK

WHAT IS LUPUS?

Lupus is an illness of the immune system which may affect any part of the body and can cause many symptoms. Some lupus patients, children may 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
- Flu like symptoms
- Hair loss
- Increased miscarriages
- Anaemia

Visit our website: www.lupusuk.org.uk

S

LUPUS UK

Thank You

www.lupusuk.org.uk

LUPUS UK is the national charity caring for those with systemic lupus erythematosus (SLE) and other lupus symptoms. We're the national charity for all people affected by lupus in England, Wales, Scotland and Northern Ireland.

JOIN THE FIGHT AGAINST LUPUS

R

Knowing You Know Why Have **LUPUS**

LUPUS UK

R

The Triggers of Lupus

What triggers lupus?	During the outbreak?
• Sunlight	<input type="checkbox"/>
• Infections	<input type="checkbox"/>
• Stress	<input type="checkbox"/>
• Hormonal changes	<input type="checkbox"/>
• Medication	<input type="checkbox"/>
• Diet	<input type="checkbox"/>
• Other	<input type="checkbox"/>

What are the symptoms of lupus?

What are the symptoms of lupus?	During the outbreak?
• Joint and muscle pain	<input type="checkbox"/>
• Extreme fatigue	<input type="checkbox"/>
• Kidney problems	<input type="checkbox"/>
• Heart and lung involvement	<input type="checkbox"/>
• Mouth sores ulcers	<input type="checkbox"/>
• Skin rashes	<input type="checkbox"/>
• Flu like symptoms	<input type="checkbox"/>
• Hair loss	<input type="checkbox"/>
• Increased miscarriages	<input type="checkbox"/>
• Anaemia	<input type="checkbox"/>

Name: _____

Signature: _____

Date: _____

www.lupusuk.org.uk