the us in lupus
Webcast Series

Funded and developed by GlaxoSmithKline
Chris Richards, INE
BSN, MSN

Chris is an Immunology Nurse Educator (INE) for GlaxoSmithKline from Watertown, Massachusetts. She has a bachelor’s of science degree in nursing from the University of Arkansas in Little Rock, Arkansas, and her master’s in nursing from Vanderbilt University in Nashville, Tennessee.

Chris has worked for more than 25 years as an oncology nurse, clinical nurse specialist, and consultant for various hospitals and medical institutions. In addition to her work as an immunology educator, Chris is currently pursuing a doctorate in Health Professions Education.
Guest Expert

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the us in lupus Ambassador

Rena

Living with SLE since 1994

Rena was a senior in high school and a promising dancer when she was diagnosed with systemic lupus erythematosus.

Now in her 30s, Rena credits her young daughter with helping her realize that no matter how hard the battle, there is always something to fight for. As an Ambassador for the us in lupus, she hopes to build further awareness about lupus and the importance of working closely with a healthcare team—because together we’re stronger.

GlaxoSmithKline sponsors Ambassadors for the us in lupus and pays them for their time and expense in sharing their experiences.
Keep in Mind

- This program is funded and developed by GlaxoSmithKline, and my guests are compensated for their time in presenting this program.
- The information provided today is for educational purposes. It does not take the place of talking to your doctor about your medical condition or your disease management options.
- Each person’s experiences with SLE varies, and each person’s individual situation may be different.
- This program offers information intended to provide a basic overview of the immune system and SLE.
Understanding SLE and the Immune System
Immune System Basics

The immune system is a group of cells, tissues, and organs in your body that work together to recognize and fight “foreign” invaders in order to help keep the body healthy.

Foreign invaders include:

- Bacteria
- Parasites
- Fungi
- Viruses
### Innate and Adaptive Immunity

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<th>Innate</th>
<th>Adaptive</th>
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<td>“Natural immunity”</td>
<td>3rd line of defense</td>
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<td>Physical barriers to infection</td>
<td>Long-term and specific protection</td>
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<td>1st line of defense</td>
<td>Learns to recognize foreign substances</td>
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Moderator

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Response to Foreign Invaders

Foreign invaders are broken down

T cells are activated

Activated T cells recruit more cells to the fight

B cells produce antibodies

Antibodies attack foreign invaders
The Immune System Behaves Abnormally in SLE

Harmful autoantibodies Binding body's own cells = Inflamed body tissue and organ damage

The presence of autoantibodies and inflamed body tissue are signs of SLE disease activity.
There are different types of lupus:

- **Systemic lupus erythematosus, or SLE**
  - Can affect nearly every part of the body, including the skin, joints, lungs, heart, kidneys, brain, and blood

- **Discoid lupus (or cutaneous lupus)**
  - Affects only the skin; the main symptoms include crusty, scaling sores on the face, head, and other areas that can leave scars

- **Drug-induced lupus**
  - Certain prescription medications can cause drug-induced lupus, which can appear similar to SLE but usually goes away once the medication is stopped

- **Neonatal lupus**
  - If a mother passes lupus autoantibodies to her child, the baby may develop a rash or other symptoms that can last for several months before disappearing
Who Gets SLE?

- Anyone can get SLE, but SLE is more common in females
  - Most common in women who are in their childbearing years
- More common in Asians and African Americans
  - African American women may get the disease at a younger age and experience more severe symptoms
- May appear in close relatives of people with SLE
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Potential Triggers of SLE

- Sensitivity to certain environmental triggers, including (but not limited to):
  - Ultraviolet (UV) rays from the sun or fluorescent light bulbs
  - Infections, colds, or other viral illnesses
SLE May Be Different for Everyone

- SLE symptoms may be different for everyone
- May come and go in the same person
  - May have periods of increased disease activity, called “flares,” and also periods of reduced activity, called “remission”
- May be life threatening when major organs are affected
- May be difficult to establish whether the wide variety of symptoms appearing over time may all be due to SLE
Obvious SLE Symptoms

Symptoms patients may be aware of include:

- Fever, fatigue, and weight loss
- Arthritis in one or more joints
- Butterfly-shaped rash over the cheeks
- Sores in the mouth or nose
- Loss of hair, sometimes in spots or around the hairline
- Pale or discolored fingers or toes from cold or stress
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Invisible SLE Symptoms

- SLE may affect some of the body’s internal organs, including:
  - Poor kidney function
  - Low blood cell counts (anemia, low white blood cells, or low platelets)
  - Inflamed lining of the chest cavity
  - Inflammation of or around the heart
  - Abnormal nervous system or brain function

- Researchers are working on identifying cell signals to help detect lupus flares and monitor organ involvement
  - These signals may tell your healthcare provider if organ damage has taken place
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Diagnosing SLE

• SLE may be very difficult to diagnose
  – It’s sometimes called “The Great Imitator” because it shares symptoms with so many other diseases
  – It’s common for an SLE diagnosis to take months, if not years
  – A thorough medical exam by a doctor familiar with lupus is essential for making an accurate diagnosis
    o This may include a complete medical history and physical exam, laboratory tests, and a period of observation
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How You Can Help Your Doctors

• Open and honest communication with your healthcare team is an important part of any diagnosis

  - Discuss all of your symptoms, even if some have disappeared
  
  - Tell your doctor your entire health history and whether anyone in your family has ever been diagnosed with SLE or any other autoimmune disorder
  
  - If you’re seeing more than one doctor, bring a list of all the doctors you’re seeing and medications you’re taking to every medical appointment; share the list with them
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Laboratory Tests for SLE

• There is no single test that confirms you have SLE
• You may have a series of tests, which could include:
  – Routine blood tests that look at your red and white blood cells and how your blood is clotting
  – Antibody tests
    o Certain antibodies are present in almost all SLE patients
    o A positive antibody test result does not necessarily mean that you have SLE
    o This test can be positive in people with other illnesses
  – Urine tests, which can indicate the presence or extent of kidney disease
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SLE May Be Challenging

- **Challenges may include:**
  - Changes in your well-being, mood, and interpersonal relationships
  - Increased medical visits, including going into the hospital
  - Changes to your work schedule
  - Tiredness, which is one of the most common symptoms of SLE
  - Disruptions of your daily routine, including walking, cooking, family care, errands, sleeping, leisure time, and vigorous activity
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Available Resources

- the **us in lupus website** ([www.usinlupus.com](http://www.usinlupus.com)) offers a wide variety of support and resources
  - Topics range from partnering with your doctor to caregiver support, as well as connecting with other people who are living with lupus
  - **A Doctor Discussion Guide**
    - Offers tips and pointers that may help you prompt productive discussions with your healthcare team
  - **Lupus Impact Tracker™**
    - Complete this form every 4 weeks, and this may help you communicate more effectively with your doctors about your lupus symptoms and how they may be affecting your life

Lupus Impact Tracker is a trademark of Rush University Medical Center and the Board of Trustees of the University of Illinois.
Tips for Living With SLE

• Being an active member of your healthcare team may help you feel more in control of your SLE. Talk to your doctors about:
  – SLE and pregnancy
  – Ways to quit smoking
  – Healthy food choices and balancing exercise and rest

• Help keep colds and flu away with frequent hand washing

• Wear sunglasses, sunscreen, long sleeves, and sun-protective clothing

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Thank You
Dr. Parker and Rena!
Don’t Miss the Next Program!

For more information:
call 1-855-578-5348 or visit
www.usinlupus.com
Thank You for Listening!

This program is for informational purposes and does not constitute medical advice.