

Systemic Lupus Erythematosus

The Basics.



Jagindra .N. Mangru, M.D.
Cumming Rheumatology and Arthritis, LLC.
960 Sanders Road, Ste. 700
Cumming, GA 30041
770-887-5159 (P), 770-887-9496 (F)
www.cummingrheumatology.com
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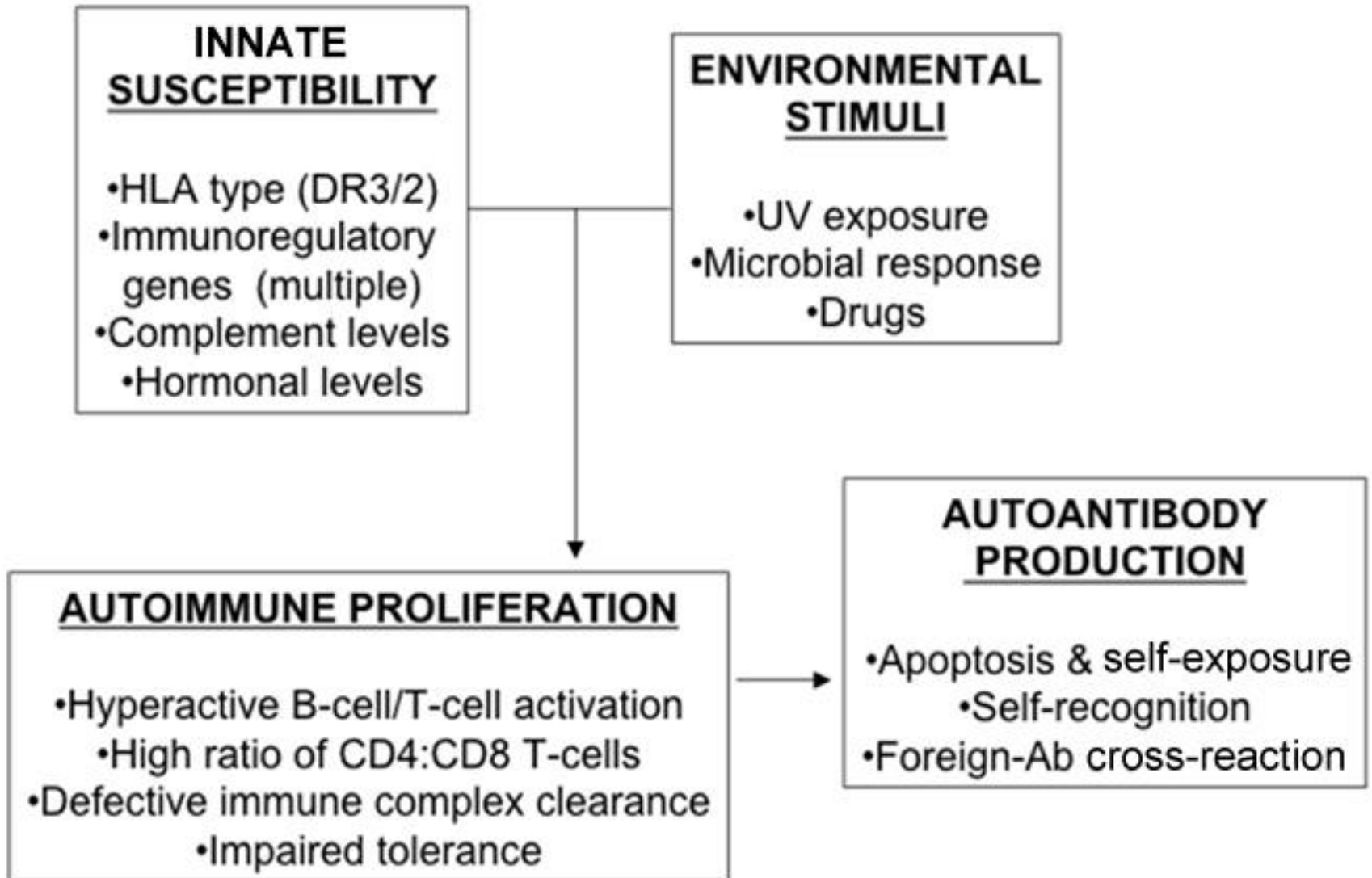
What is LUPUS?

- Systemic lupus erythematosus (also called SLE or lupus) is a chronic inflammatory disease that can affect the skin, joints, serosa, kidneys, lungs, nervous system, and/or other organs of the body.
- Autoimmune – When the immune system begins to react against the body's own tissues.

EPIDEMIOLOGY.

- Young women with peak incidence 15-40 years (child bearing).
- 1.5 million in the US.
- Prevalence of 0.5%, however varies with race and socioeconomic status.
- Familial aggregation.
- Most cases are sporadic.

What causes Lupus?



TYPES OF LUPUS.

- Systemic.
- Cutaneous.
- Drug Induced.
- Neonatal.

The most common signs and symptoms include:

- Fatigue and fever
- Joint pain, stiffness and swelling
- Butterfly-shaped rash on the face that covers the cheeks and bridge of the nose
- Skin lesions that appear or worsen with sun exposure
- Fingers and toes that turn white or blue when exposed to cold or during stressful periods (Raynaud's phenomenon)
- Shortness of breath
- Chest pain
- Dry eyes
- Headaches, confusion, memory loss

Symptoms of LUPUS

- Serositis – chest, abdominal, cardiac pain.
- Oral ulcers – painless.
- Arthritis – joint pain and swelling.
- Photosensitivity – rash with sun exposure.

Symptoms of LUPUS

- Blood dyscrasias – anemia, leucopenia, thrombocytopenia.
- Renal dysfunction – proteinuria, casts.
- Autoimmune - +ANA
- Immunologic – SSA, DsDNA, Smith antibody, Anti-cardiolipin antibodies.
- Neurologic – headaches, depression, seizures, psychosis.

Symptoms of LUPUS

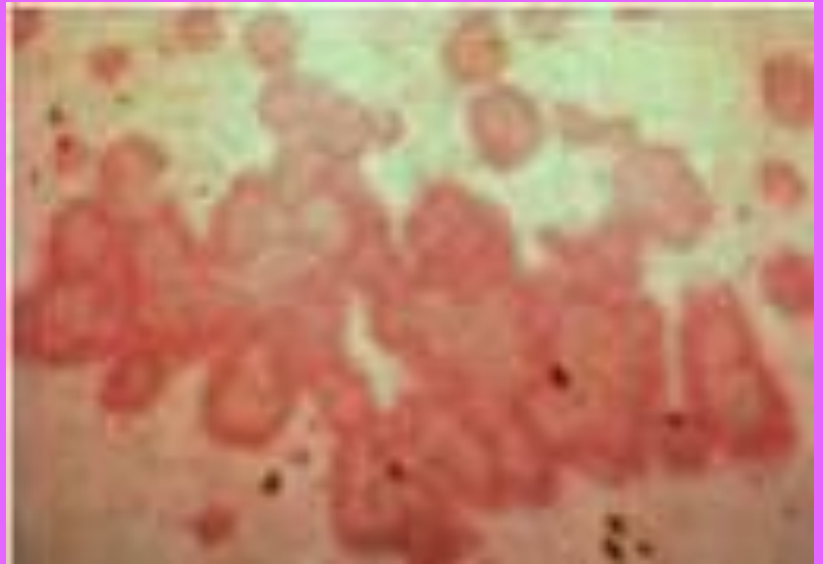
- Malar rash
- Discoid rash.



Rosacea



Lupus





TRUE or FALSE

- A positive ANA means I have LUPUS.

FALSE

Diagnostic Criteria

- 4/11.
- 3/10 with + ANA.
- + biopsy.

Complications of LUPUS.

- Cardiovascular disease.
- Infections.
- Renal Failure.
- Vasculitis.
- Drug Effects – cancer, AVN, Osteoporosis.
- Pregnancy related – Hypertension, Lupus flare, kidney disease, fetal loss.

Treatment of LUPUS

Treatments are symptom specific

- PREVENTION:
 - Careful and frequent medical evaluation.
 - Avoid direct exposure to sunlight, Echinacea, drugs – Hydralazine, Sulfa, TNF inhibitors.
 - Use a sunscreen with at least SPF 30.
 - Screening with SS-A antibody.
 - Early pre-natal care.
 - Use of anti-oxidants – Vitamin E, Fish Oil, Flaxseed, Vitamin D.
 - Avoid smoking.

Treatment of LUPUS

- NSAIDS (Naproxen).
- Anti-malarials.
- Corticosteroids (Prednisone).
- Cyclophosphamide (Cytosan).
- Methotrexate.
- Azathioprine (Imuran).
- Cyclosporine.
- Mycophenolate Mofetil (Cellcept).

Treatment of LUPUS

- Modification of the immune system:
 - Rituximab (anti- CD 20 antibody)
 - Benlysta (BLyS inhibitor) -
- Stem Cell Transplantation

Treatment of LUPUS

- Education.
- LUPUS Support – Lupus Foundation.
- Learning to live with a chronic disease
 - praying, meditation
 - stress reduction
 - behavior and lifestyle modification

SUMMARY

- Lupus is an autoimmune disease affecting multiple organ systems.
- Multiple factors contribute to disease expression.
- Treatment options are multi-factorial.