

Lupus and Dermatitis

Lupus Foundation of America, Indiana Chapter

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Mission

The Lupus Foundation of America, Indiana Chapter is part of a national force devoted to solving the cruel mystery of lupus while providing caring support to those who suffer from its brutal impact.

Efforts

Support research and conduct education programs so everyone affected by lupus can have an improved quality of life and get answers and health professionals know about new means to diagnose and manage the disease.

Conduct activities to increase awareness of lupus, rally public support for those who are affected by lupus, and advocate on their behalf.

About Lupus Dermatitis

Lupus is a chronic autoimmune disease that can damage any part of the body. Most people with lupus experience some sort of skin involvement during their disease. Three forms of specific skin disease occur in people with lupus: Chronic Cutaneous Lupus Erythematosus (CCLE) / Discoid Lupus Erythematosus (DLE), Subacute Cutaneous Lupus Erythematosus (SCLE), and Acute Cutaneous Lupus Erythematosus (ACLE).

Facts & Statistics

Skin conditions comprise 4 of the 11 criteria used by the American College of Rheumatology for classifying lupus.

Approximately one-third of all people with lupus experience a condition called Raynaud's phenomenon in which the blood vessels supplying the fingers and toes constrict.

About 10% of all people with lupus will experience hives (urticaria)

Symptoms of Lupus Dermatitis

- ✓ Malar rash
- ✓ Photosensitivity
- ✓ Livedo reticularis
- ✓ Alopecia
- ✓ Oral and nasal ulcers
- ✓ Hives
- ✓ Purpura- discoloration under skin
- ✓ Cutaneous Vasculitis
- ✓ Raynaud's Phenomenon

About Treatment

- ✓ Steroid ointments
- ✓ Corticosteroids (e.g., prednisone)
- ✓ Antimalarials (e.g., Plaquenil)
- ✓ Anti-malarials
- ✓ Immunosuppressants: Mycophenolate mofetil, azathioprine, methotrexate
- ✓ Thalidomide: Another long-term option for cutaneous lupus- decrease the severity of the immune response.
- ✓ Physical therapy
- ✓ Immunomodulators

If you have lupus dermatitis, you should...

- ✓ Find healthy ways to cope.
- ✓ Lifestyle changes
- ✓ Limiting sun exposure through use of sunscreens and sun-protective clothing.
- ✓ Understand and process your emotions.
- ✓ Engage a positive self-talk.
- ✓ Avoid sunbathing, tanning salons, travel to regions near the equator, outdoor jobs, and light bulbs with high UV irradiance

"With passion and perseverance, we will fulfill our purpose as an organization. That purpose is to be a resource for and support to lupus patients, and to ultimately live in a world without lupus."

- La Toija Snodgrass, CEO