

Delta Health Watch

Delta Sigma Theta Sorority, Incorporated
 Philadelphia Alumnae Chapter
Physical and Mental Health Committee



LUPUS

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 Adapted from MayoClinic.com

Inside this issue:

- Lupus 1
- Healthy Recipe and Exercise Tip 2

Previous topics:

- August: Exercise Health
- September: Multiple Myeloma

Upcoming topics:

- November: Respiratory Health

What is it?

Lupus is a chronic inflammatory autoimmune disease. This means that your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems, including your joints, skin, kidneys, blood cells, heart and lungs. It's likely that lupus results from a combination of your genetics and your environment.

Who gets it?

Lupus is more common in women. While it affects people of all ages, it is most often diagnosed between ages 15 and 40. Lupus is also more common in blacks, Hispanics, and Asians.

What are the symptoms?

Signs and symptoms may come on suddenly or develop slowly, may be mild or severe, and may be temporary or permanent. Most people with lupus have mild disease characterized by episodes — called flares — when signs and symptoms get worse for a while, then improve or even disappear completely for a time.

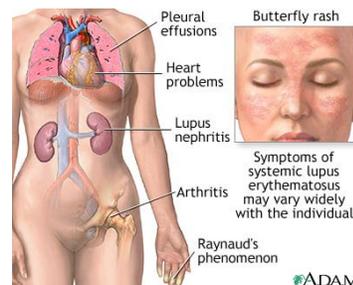
The signs and symptoms of lupus that you experience will depend on which body systems are affected by the disease. But, in general, lupus signs and symptoms may include:

- Fatigue, shortness of breath
- Fever
- Weight loss or gain
- Joint pain, stiffness and swelling
- Butterfly-shaped rash (malar rash) on the face
- Skin lesions that appear or worsen with sun exposure
- Mouth sores
- Hair loss (alopecia)
- Fingers and toes that turn white or blue when exposed to cold or during stressful periods (Raynaud's phenomenon)
- Easy bruising
- Anxiety, Depression

How is it treated?

Lupus treatment is dependent on your individual signs and symptoms. Nonsteroidal anti-inflammatory drugs, antimalarial drugs, and corticosteroids are drugs that are often used when first diagnosed. More aggressive lupus requires more aggressive drugs. In addition to medications, there are some steps that you can take to prevent lupus flares and/or better cope with the signs and symptoms.

- Get adequate rest. – People with lupus experience a persistent fatigue that is different from normal tiredness.
- Be sun smart.- UV light can trigger flares.
- Regular exercise.- It can help you recover from a flare, reduce risk of heart attack, fight depression, and promote general well-being.
- Don't smoke.
- Eat a healthy diet.



Great Spring Vegetables

Eating seasonal fruits and vegetables is yummy and cheaper!

Reference this quick list to plan some of your spring meals!

- [Apricots](#) come into season towards the end of spring in the warmer areas where they grow.
- [Artichokes](#) have a second crop in the fall, but the main harvest takes place in the spring when the largest thistles are available. Look for artichokes with tight, compact leaves and fresh-cut stem ends.
- [Asparagus](#) is harvested from March through June, depending on your region. Note that thickness in no way indicates tenderness, which is related to how the plant is grown and how soon it is eaten after harvest rather than spear size.
- [Fava beans](#) are a Mediterranean favorite available in the U.S. from early spring through summer.
- [Fennel](#) has a natural season from fall through early spring.
- [Green onions/Scallions](#) are cultivated year-round in temperate climates and come into harvest in the spring in warmer areas.
- [Kiwis](#) grow on vines and are harvested winter through spring in warmer and temperate areas.
- [Leeks](#) more than about 1 1/2 inches wide tend to have tough inner cores. The top green leaves should look fresh - avoid leeks with wilted tops.
- [Lemons](#) are at their juicy best from winter into early summer.
- [Lettuce](#) starts coming into season in cooler climates (it grows through the winter in temperate and warmer areas).
- [Mint](#) starts thriving in the spring.
- [Parsley](#) may seem to be season-less, but this cool-weather herb flourishes in the spring in warm and temperate climates.
- [Pea greens](#) are sold in big tumbled masses in spring and early summer. Look for bright vines with fresh, vibrant looking leaves. Avoid vines with brown or mushy ends or damaged leaves.
- [Peas](#) (garden, snap, snow, etc.) come into season in the spring and continue in most areas well into summer.
- [Radishes](#) are at their sweet, crunchy best in the spring.
- [Spring onions](#) are simply regular onions that farmers pull from the field to thin the rows in spring and early summer.
- [Strawberries](#) Peak season is April through June.
- [Turnips](#) have a sharp but bright and sweet flavor. Look for turnips that feel heavy for their size.

