

Lupus is a long-term disease

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Abstract

Lupus is a long-term autoimmune disease in which the body's immune system becomes hyperactive and attacks normal, healthy tissue. Symptoms include inflammation, swelling, and damage to the joints, skin, kidneys, blood, heart, and lungs. Lupus is a disease that predominantly affects women, often striking at the prime of life," Somers says. "Through the MILES Program, we previously showed that for black women, who are disproportionately affected by lupus, their risk of lupus is highest in their Twentys.40% of black females with lupus have kidney involvement, and 15% have end-stage renal disease".

Introduction

Lupus is a chronic disease that can cause inflammation and pain in any part of your body. It's an autoimmune disease, which means that your immune system the body system that usually fights infections attacks healthy tissue instead. No one knows what causes lupus but lupus and other autoimmune diseases do run in families. Experts also think it may develop in response to certain hormones or environmental triggers. An environmental trigger is something outside the body that can bring on symptoms of lupus or make them worse.

Lupus is a systemic autoimmune disease that occurs when 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, brain, heart and lungs. Lupus can be difficult to diagnose because its signs and symptoms often mimic those of other ailments. The most distinctive sign of lupus a facial rash that resembles the wings of a butterfly unfolding across both cheeks occurs in many but not all cases of lupus. Some people are born with a tendency toward developing lupus, which may be triggered by infections, certain drugs or even sunlight.

No two cases of lupus are exactly alike. 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.

Lupus occurs when your immune system attacks healthy tissue in your body (autoimmune disease). It's likely that lupus results from a combination of your genetics and your environment. It appears that people with an inherited predisposition for lupus may develop the disease when they come into contact with something in the environment that can trigger lupus. The cause of lupus in most cases, however, is unknown. While there's no cure for lupus, treatments can help control symptoms as shown in Figure 1.



Figure 1: The most distinctive sign of lupus a rash.

Lupus is an autoimmune disease characterized by acute and chronic inflammation of various tissues of the body. Autoimmune diseases are illnesses that occur when the body's tissues are attacked by its own immune system. The immune system is a complex system within the body that is designed to fight infectious agents, such as bacteria and other foreign microbes. One of the ways that the immune system fights infections is by producing antibodies that bind to the microbes. People with lupus produce abnormal antibodies in their blood that target tissues within their own body rather than foreign infectious agents. These antibodies are referred to as autoantibodies.

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