

How much do you know about Lupus?

What is lupus?

Lupus is an autoimmune disease which is:^{1,2}

- ✓ CHRONIC
- ✓ INCURABLE
- ✓ UNCOMMON

The most serious and common form of lupus is called

Systemic Lupus Erythematosus (SLE)³



It principally affects women (9 in 10 patients are female), with highest risk for onset of SLE during childbearing age.^{4,5}

Instead of producing normal antibodies to protect the body from infection, in cases of SLE, antibodies released by the immune system can attack **healthy tissue, cells and organs**, including:^{6,7}



Lupus knows no boundaries

Prevalence

Globally, Lupus affects **40-100** people in every **100,000**^{4,8,9}

70% SLE affects approximately **70%** of all cases of lupus¹⁰

Signs and symptoms

Symptoms of SLE can vary greatly in **severity and intensity**.

Some of the most common symptoms include:¹¹⁻¹⁴

Debilitating fatigue

Joint pain

Butterfly-shaped facial skin rash



Findings from a global survey...¹⁵



Total respondents: **16,911**

16 countries surveyed

...showed a range of **misconceptions and social stigmas** associated with lupus:



36%

of the general population are not aware that **lupus is a disease**

with **11%** believing that lupus is a type of bacteria

51%

could not identify or did not know the complications associated with lupus such as **kidney failure, anaemia or a heart attack**

13%

believe that **having unprotected sex** contributes to someone developing lupus

Did you know?

Lupus is not contagious, not even through sexual contact. You cannot 'catch' lupus from someone or 'give' lupus to someone.¹⁶ Despite this...



23% of respondents are 'uncomfortable' with **hugging** someone with lupus



47% feel 'less than comfortable' **shaking hands** with someone with lupus



1 in 3 people (31%) are 'uncomfortable' **sharing food** with someone who has lupus



44% feel 'less than comfortable' **sitting next to someone on a bus** who has lupus

A need for better education...

30% of respondents believe that **meningitis** is a more common disease than lupus

However, estimates show:



1.7 million people worldwide suffer with meningitis each year¹⁷
5 million people are living with lupus¹⁰

Although there is no definitive cure for lupus, many scientists believe that lupus develops due to **hormonal, genetic, and environmental factors**¹⁸



36% of respondents did not know what factors may contribute to someone developing the disease



Although the majority of participants correctly associated lupus with affecting **skin, the heart and joints**, only **12%** believe that lupus can have an effect on a person's hair



Demonstrating that better education around the signs and symptoms of the disease is needed for more effective **diagnosis, treatment and management of lupus**

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