

About lupus

What is lupus?

Lupus is an autoimmune disease which is:^{1,2,3,4}

- ✓ CHRONIC
- ✓ INCURABLE
- ✓ UNCOMMON

The most serious and common form of lupus is called

Systemic Lupus Erythematosus (SLE)⁵



It principally affects women (9 in 10 patients are female), with highest risk for onset of SLE during childbearing age.^{2,3,6}

SLE is driven by **immuno-inflammation**.⁷ Instead of producing normal antibodies to protect the body from infection, in patients with SLE, 'auto-antibodies' are produced and attack healthy cells.⁸

This causes **irreversible tissue and organ damage** and can lead to **premature death**.^{9,10}



BRAIN



HEART



KIDNEYS⁵

Prevalence

SLE is uncommon, affecting approx.

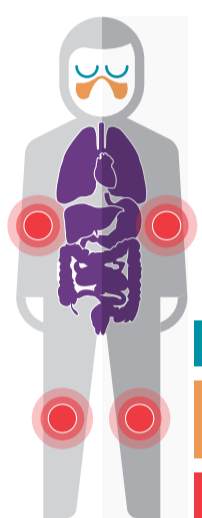
40-100 people in every **100,000**^{3,11,12}

SLE is the most **common and serious type** of lupus, affecting approximately **70% of lupus patients**.⁵



The incidence and prevalence of SLE are higher in **African-Americans**, along with other **ethnic minorities**, compared to caucasians.^{3,11}

Signs and symptoms



SLE can affect **any of the major organs** in the body and **symptoms can vary greatly** in severity and intensity.

Some of the most common symptoms include:^{13,14,15}

- Debilating fatigue
- Butterfly-shaped facial skin rash
- Joint pain

Diagnosis

The **early diagnosis of SLE is difficult** due to the non-specific symptoms, such as malaise, joint pain or fatigue.¹⁶ **External signs of the disease may be few.**



Classification is based on **evidence of 4 of 11 objective criteria** devised by the American College of Rheumatology.^{1,17}



Many patients experience **significant delays in diagnosis**.^{18,19}

Recognising and reporting symptoms



Findings from a global survey showed that **SLE patients often do not report all of their symptoms** to their doctors, as they do not associate them with the disease.²⁰



Almost three quarters of SLE patients agreed that they only report the symptoms that annoy them the most and often minimise their symptoms when talking with their doctor.²⁰



Fatigue, sensitivity to light and muscle and joint pain are most likely to be reported by SLE patients as **severe symptoms**.²⁰

The burden of SLE on daily life

Global survey findings have demonstrated:

- **7 in 10 patients** agree SLE affects their self-esteem and over half feel alone and powerless.²⁰
- **61%** have had to make adjustments around the house to cope with lupus.²⁰
- **40%** of SLE patients quit working or retired earlier than planned.²⁰



SLE survival

95% chance of surviving **5 years**.²¹

85% chance of surviving **15 years**.²¹

In those under 40, mortality is

10 times higher than the general population.^{22,23,24}

Treatment

Current treatment for SLE **varies widely**. Treatment goals include:^{25,26,27}

- 1 **reducing disease activity**
- 2 **treating symptoms and flares**
- 3 **reducing organ damage**

Physicians face a **difficult balancing act** of treating symptoms while attempting to minimise adverse events.^{25,28}



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