



Systemic lupus erythematosus紅斑性狼瘡(英文)

Systemic lupus erythematosus (SLE) is a type of chronic and systematic autoimmune disease, which self-immune response will produce various auto-antibodies and thereby result in systematic clinical symptoms.

The predilection for systemic lupus erythematosus occurs in female aged between 20~40, where red spots appear on the nose bridge and cheeks of the patients, and are named due to the resemblance of the cheeks of wolf.

Symptoms

The symptoms may vary by person and could have diverse presentation. The course of disease also shows great discrepancy. The follows are some of the common symptoms:

- General symptoms: Poor appetite, fatigue, minor fever, muscular ache, emaciation, and oral ulcer.
- Skin: Different skin rash such as butterfly spots on the cheeks, discoid rash on the body, and photosensitive.
- Hair: During active condition, some people will have fallen hair but will regrow hair after the condition stabilizes.
- Musculoskeletal and joints: Joint and muscle ache, inflammation, and complicated tendon and ligament inflammation.
- Heart and lung: Pericardium or pleural inflammation and effusion, palpitation, and difficult ion breathing.
- Kidney: renal disorder, proteinuria, hematuria, cellular cast, and systematic edema and even renal failure at severe condition.
- Central Nervous System: Convulsion, headache, nerve palsy, or mental disorders.
- Blood disorder: Anemia and deficient leukocyte, lymphocyte or platelet.

In case of multiple symptoms, the patients should be suspected of Systemic lupus erythematosus. About 95-98% of patients will develop anti-nuclear antibody (ANA) and could be diagnosed at the early stage of onset.

Precautions for Daily Life

“Early diagnosis and early treatment” is quite important as minor symptoms can be treated with non-steroid based anti-inflammatory agent or quinin; medium symptoms can be treated with adrenocorticoid (also known as steroids); more severe cases can be treated with immunosuppressor. Apart from taking medicine to cure the disease, the patients must will follow self-care rules below:

- Regular outpatient follow-up and keep contact with physicians routinely.
- Take medicine on time and do not change the dosage or suspend medicine without consulting with the physician.
- Full rest and keep warm.
- Maintain stable motion, reduce anxiety and stimulating environment.
- Recurrence prevention:
 - Avoid exposure to sun, use umbrella or wear hats and long-sleeve cloths.
 - Take medicine accordingly. Do not try alternative medicine to prevent adding burden to the kidney.
 - Prevent infection and pay attention to routine care and intake of balanced diet to enhance immunity.
 - Pay attention to symptoms of recurrence such as minor fever and joint/muscular soreness, fatigue and other symptoms by immediately seeking medical treatment.
 - The fertility rate of patients is normal and patients can get married and give birth. Nonetheless patients should avoid pregnancy during the active symptom period. At more stabilized condition with reduced medicine dosage; the patients may get pregnant with the consent from the physician. For contraception, the husband should take contraception measures to reduce infection probability.

Systemic lupus erythematosus is no longer terrifying due to the current development in medicine technology and earlier diagnosis, treatment and follow-up will result in good effect. The post-prevention is also promising. Patients can get married, give birth, work, study, and enjoy normal life as long as they have the patience to cooperate with medical staff.

若有任何疑問，請不吝與我們聯絡
電話：(04) 22052121 分機 3207
HE-10007-E