



# The London Lupus Centre, Book of Lupus: A Patients' Guide

*Graham Hughes*

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Lupus is an extremely common, potentially treatable, disease of the immune system. It affects approximately 1 in 1000 women and is more common than diseases such as multiple sclerosis and leukaemia. Despite this, there is little information concerning the disease in contrast to other illnesses of similar prevalence. Many people are unaware of the symptoms, treatment, and prevention of lupus. It is important that these topics are highlighted for many reasons. For example, a greater understanding of the symptoms of lupus will enable patients to recognise the symptoms earlier, and get treatment faster; before any serious damage is done. Similarly, awareness of preventative measures may reduce the number of cases of lupus that occur. From a different perspective, it would be of great use to have an easily accessible source of information available to lupus patients that would highlight issues such as treatment options and sources of support. In summary, although knowledge of lupus is growing, greater awareness of the disease amongst both patients and the general public is an issue that needs to be addressed.

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