

Lupus

Lupus is an autoimmune disease in which the body harms its own healthy cells and tissues. It can affect many parts of your body, including skin, joints, kidneys, blood cells, heart and lungs. It is also considered a rheumatic disease because it can cause aches, pain and stiffness in the joints, muscles and bones.

While lupus can occur in childhood or later in life, it usually first affects people between 15 and 45 years old. Researchers believe it is probably caused by a combination of genetic, environmental and possibly hormonal factors. It can run in families, but the risk that a child or sibling of a patient will have lupus is quite low.

Episodes of lupus tend to come and go throughout life, and may cause you to feel tired and achy. But with proper treatment and self-care, you can lead an active, healthy life.

Signs & Symptoms

Individuals experiencing lupus may exhibit some or all of the following symptoms:

- Extreme fatigue
- Painful or swollen joints
- Muscle pain and stiffness
- Unexplained fever
- Skin rashes
- Kidney problems
- Hair loss
- Nausea, vomiting, abdominal pain
- Headaches, migraines, seizures, stroke
- Depression, anxiety, confusion
- Sensitivity to sunlight

Therapeutic Approach

While there is currently no known cure for lupus, diagnosis and treatment has improved tremendously in the past half-century. Your team of healthcare professionals can develop a plan to prevent flare-ups, treat them when they do occur, and minimize complications.

In addition to conventional medical measures, complementary modalities such as CranioSacral Therapy can play an important role in a comprehensive approach. CranioSacral Therapy in particular can provide beneficial effects for the autonomic nervous system, the immune system, fluid mobility, and the connective tissues that affect all aspects of the body.