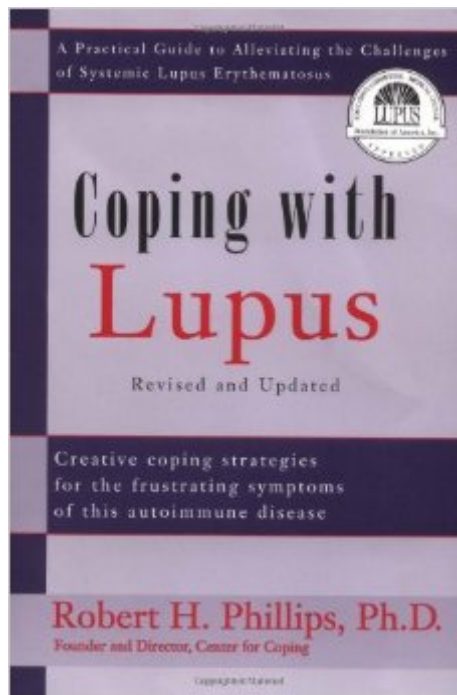


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# Coping With Lupus: A Practical Guide To Alleviating The Challenges Of Systemic Lupus Erythematosus



## Synopsis

A top-seller in Avery's Coping with a Chronic Illness series (more than 78,000 sold) is now thoroughly revised and updated. More than sixteen thousand Americans develop lupus each year, according to the Lupus Foundation of America. Once considered a fatal disease of the autoimmune system, current methods of therapy have made deaths from lupus much more uncommon. Many patients now live longer lives while coping with the debilitating symptoms of the disease. This completely revised edition provides informed, compassionate advice about how to choose the right medications and manage the difficult emotions brought on by living with chronic illness.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,697,510 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #95 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #663 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

I have found this book to be a helpful well rounded guide to Lupus. From the symptoms before diagnosis to after diagnosis, and how to deal with every day challenges and side effects of the disease and treatments. I believe it is a great jumping off point for the newly diagnosed. It dispels myths, and give a newly diagnosed patient comfort at a time that they may be feeling overwhelmed and desperate by the diagnosis of Lupus. It is a very easy read, as the doctor speaks in layman language rather than complicating things with lot's of medical terminology and anatomy terms. For a person who is looking for beginning over view of the disease it is very helpful. But, if you are looking for more detailed information on specific tests, treatments, or the physiology of the disease one would need to look further.

I have been diagnosed with Lupus for almost 40 years, but I was undiagnosed for 10 years. Finally an Internist put together my collection of ailments and diagnosed me as having Lupus. This was such a relief but also a frightening time as 40 years ago Lupus was still a fairly unknown. The blood tests, etc. had not yet been fully developed and what information was out there was pretty negative and scary. This book was not on the market at the time and I didn't know how to cope with an illness that had changed my life and how to tell my family and friends what was wrong with me. By the time I discovered this book I had learned to live with Lupus but this book was so marvelous in describing this crazy illness, that I gave copies to family members that wanted to know more. I also have given numerous copies to individuals who had been diagnosed with life-changing illnesses such as diabetes, etc. The author's insight on how to deal with Lupus for yourself and your family is truly applicable to anyone facing a disease that will be around for the rest of your life. I especially recommend as required reading the chapter that is directed to family members and how they can be helpful to the Lupus patient. At this time I am ordering this book to be sent to my daughter who is experiencing some of the ailments that are typical of Lupus. I hope that she will get the help she needs in diagnosing what is wrong with her. In the meantime maybe this book will give her some help.

When I was finally diagnosed with Lupus 4 years ago (after 10+ years of other serious medical issues) I bought this book. It really did help me a lot. It's not full of a bunch of scientific information (which I get plenty of at the doctor's office and online) It was full of a lot of information on how to live with Lupus. I recently bought a second copy of this book for my twin sister and she's now been diagnosed with it as well. I ordered it here at within 5 minutes of her calling with the news, because I knew she'd need it as soon as possible. I'd highly recommend this book (or the update version of it) to anyone that is new with a Lupus diagnosis, or those like me that aren't so new. It's got a lot of helpful information in it.

This book was a great book. It helped me a lot to cope with Lupus. If you are looking for some understanding on how you feel and so on, this book is great!

A Really helpful book!. I have't read it all jet, but it seems to be really inspiring and helps to see lupus in a diferent way, with more hope and help to understand a lot of things about this illness. I think the book wan't new as they said, or wasn't used but had been in the bookstore for a while, but

i think i made a good deal for the pice that i paid.

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