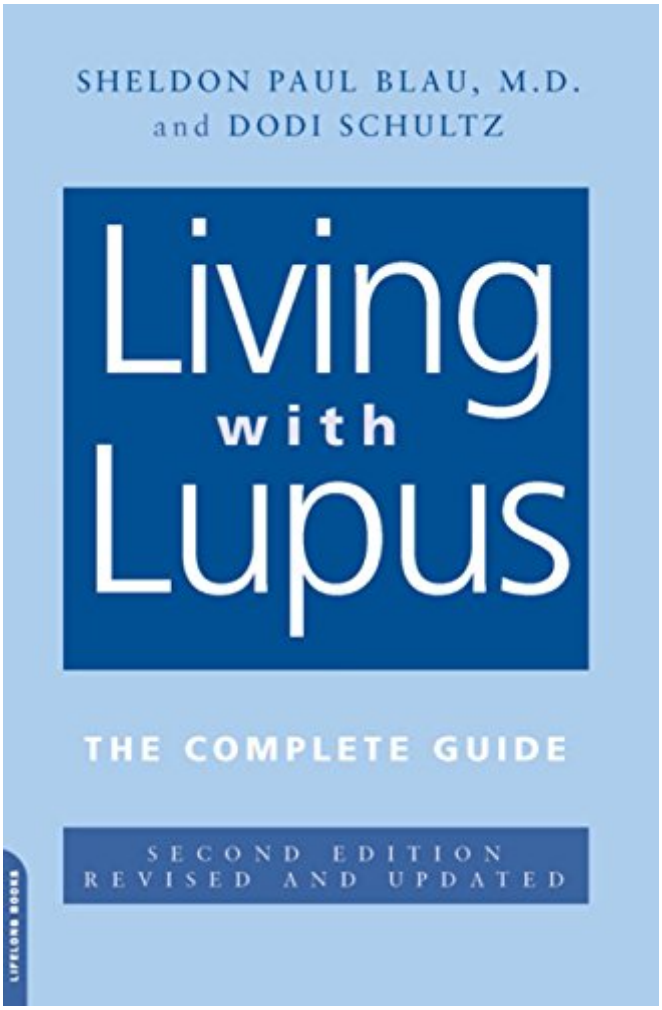
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Living With Lupus: The Complete Guide, 2nd Edition



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Synopsis

An estimated 1.4 million Americans, most of them women, suffer from lupus, a chronic auto-immune disease in which the immune system attacks the body. With symptoms ranging from skin rashes to kidney dysfunction, lupus is a complicated and frustrating disease, the cause of which is still unknown.In the newly revised Living with Lupus, Dr. Sheldon Blau helps patients, their caregivers, and their families and friends navigate this unpredictable disease. With sound, up-to-date advice on how to interpret symptoms, find a physician, choose the right treatments and medications, avoid the environmental factors that may trigger a flare-up, and reduce the risk of complications, Living with Lupus is the essential resource for maintaining a healthy and comfortable lifestyle in spite of lupus. Full of practical suggestions, cutting-edge medical information, and moving personal stories, Living with Lupus offers hope and reassurance.

Book Information

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Customer Reviews

Lots of good info.

Very comforting to read, great book ! Made me cry because of things I've gone through myself

If you have Lupus it is worth the read. Especially just knowing there are people out there that deal with this same disease daily. It covers everything to a tee and has some good ideas. It would really help family members to read this one also. It will shed a light on someone who has no clue about Lupus.

I enjoyed this book. It is well written and easy to understand. It is not as technical as some books on the topic which makes it much easier to understand. I learned a vast amount of new information from this book. It offered practical advice/information. After I read it- I had my husband and mother read it -so they could understand my Lupus much better. Definitely worth the price of the book!

Really helps with anxiety problems. There are new treatments...Most people do fine

Well,since my hands are involved w/my lupus I can't actually READ this book.They need to make these things on audio or readable on the computer.

just fine, very good seller . as the price. New to making homemade bread. my parents need it,

This book is a decent intro to the topic if you don't know much about it, and definitely gets points for being a quick, easy read. I would recommend it to someone that knows very little (or nothing) about lupus, but not for anyone that has a good knowledge base already. It does contain a lot of good information, but a lot of it is obvious common sense you don't need to pay for (like.. are you tired? rest! or a great way to exercise is to walk!)...

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