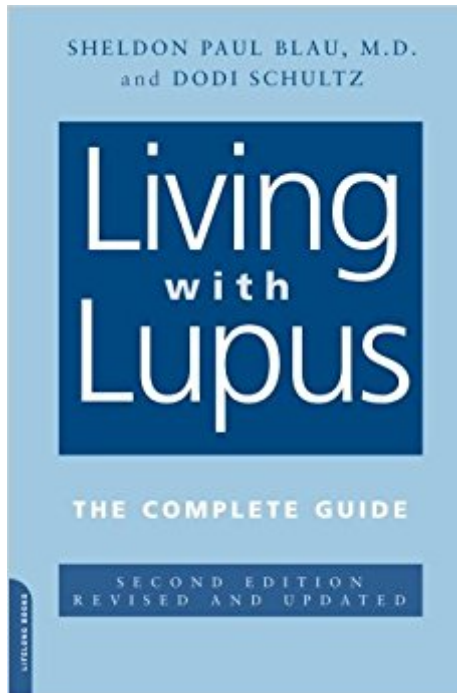


The book was found

# Living With Lupus: The Complete Guide, Second Edition



## 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

Paperback: 272 pages

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Product Dimensions: 6 x 0.6 x 9.1 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #1,167,881 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #75 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #449 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

## Customer Reviews

This book covers all the ins and outs of a disease that is just as much a mystery now as it was years ago. This gives detailed information about what to expect in testing, physician's appointments, symptoms, different treatment options and how to cope with the fact that you have a chronic disease.

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!)...

This book provides up to date coverage of a complex and commonly misunderstood disease. It is easy to read and well organized, yet provides a great deal of detail. Suggestions for action as well as for further inquiry are provided.

WOW! This is was a well written book and has answered many of my questions. I was pleased to see there was a whole chapter dedicated to Antiphospholipid Antibody Syndrome. This book will stay in my personal library.

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.

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