

# Lupus: Just the Facts

Many people in the United States have systemic lupus erythematosus (lupus). Yet lupus is a disease that most people know little about. There are many myths about lupus. **Read the myths...and then learn the facts.**

Place a check mark next to the myths that concern you. Use the blank rows in the chart to add any other thoughts or concerns that you would like to share with your healthcare provider.

MYTH	FACT
<input type="checkbox"/> “Lupus is caused by other diseases like cancer or HIV.”	Lupus is its own disease. Lupus affects many parts of the body. Its symptoms may look or feel like other diseases.
<input type="checkbox"/> “Lupus is contagious.”	Lupus is caused by a problem with your immune system. You cannot “catch” lupus from another person.
<input type="checkbox"/> “Lupus only affects adult women.”	It is true that lupus is more common in women than in men. Women are most likely to get lupus between the ages of 15 and 44. But men, teenagers, and children also can have lupus.
<input type="checkbox"/> “Women with lupus cannot have children.”	It is possible for a woman with lupus to have children. However, there are higher risks you should discuss with your provider before planning a pregnancy and during pregnancy.
<input type="checkbox"/> “If you get lupus, you will probably die from it.”	Each patient is different. But overall, people with lupus have experienced an increase in survival over the years.
<input type="checkbox"/>	
<input type="checkbox"/>	

**Learn the facts! Talk with your healthcare provider about any concerns or questions you may have.**

