

Signs and Symptoms of Lupus

In people with systemic lupus erythematosus (lupus), the immune system attacks the body by mistake. This causes inflammation. You may see or feel this as a rash, or muscle or joint pain.

Lupus can affect many parts of the body. This means there are many possible symptoms. The symptoms vary from person to person and can change over time.

Place a checkmark next to the symptoms you have now or have had in the past. Then show this list to your healthcare provider. You can work together to find a management plan that may be able to help reduce your symptoms.

Common Symptoms

- Pain in joints, such as hands, elbows, and knees
- Pain or swelling in joints
- Fevers with no known cause
- Feeling very tired, or lack of energy
- Skin rashes
- Hair loss
- Sensitivity to sun or light
- Fingers or toes turn pale or purple from cold or stress
- Headaches
- Sores in mouth or nose

Lupus is often called “the great imitator.” Many of the symptoms of lupus may occur in other diseases. This can make lupus hard to diagnose.



Other Concerns (write down other symptoms you have)

- _____
- _____

Questions for Your Provider (write down any questions you have about your symptoms)

Tell your healthcare provider when any new symptoms occur or if a symptom you have now gets worse. Your provider may adjust your management plan.



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