

Lupus Effects on Brain and Central Nervous System

Verity Hill*

Department of Pharmacology, University of Kent, England, United Kingdom

EDITORIAL NOTE

Lupus is a condition in which the immune system of your body assaults your own tissues and organs (autoimmune disease). Lupus can cause inflammation in the joints, skin, kidneys, blood cells, brain, heart, and lungs, among other physiological systems.

You may endure headaches, dizziness, behavioural changes, visual issues, and even strokes or seizures if your brain is impacted by lupus. Many persons with lupus have memory issues and may find it difficult to articulate themselves.

Neuropsychiatric SLE refers to lupus that affects the brain, spinal cord, or nerves (NPSLE). NPSLE is one of the most difficult issues for lupus patients since it is often significant and little understood. Symptoms of lupus of the neurological system are possible.

The clinical signs of NPSLE can vary from modest cognitive impairment to severe confusional states, seizure disorders, and psychosis. The most common neuropsychiatric signs of SLE include headaches, anxiety, mood, and cognitive problems.

The nervous system is an issue for some persons with lupus. Any aspect of the neurological system might be affected by lupus.

How does lupus affect the nervous system?

The central nervous system is made up of the brain and spinal cord. The nerves that move your muscles and inform your brain what your body is feeling are known as the peripheral nervous system.

The autonomic nerve system regulates internal activities such as breathing, heartbeat, and blood flow.

Lupus and the central nervous system

CNS lupus, also known as Neuropsychiatric lupus, is a kind of lupus that affects the central nervous system. Among the signs and symptoms are:

- Confusion and inability to concentrate (sometimes called lupus brain fog).
- Convulsions (sudden, unusual movements or behavior).

- A stroke (blocked blood flow in the brain that causes brain cells to die).

What is lupus brain fog?

Many patients with lupus have disorientation, memory loss, and difficulty articulating their feelings. Cognitive dysfunction is the medical word for it. These signs and symptoms might appear and disappear at any time. Although lupus brain fog might be irritating, you can learn to deal with it and enhance your quality of life. Consult your doctor for advice on how to deal with lupus brain fog.

A rheumatologist at the Lupus Center of Excellence at the Beth Israel Deaconess Medical Center in Boston, lupus fog doesn't normally become worse over time like dementia or Alzheimer's disease. Memory problems, like other lupus symptoms, are likely to come and go.

Lupus and the peripheral nervous system

Lupus can cause nerve injury in the body by inflaming the nerves or the tissue around the nerves. Peripheral neuropathy is a term used to describe nerve injury. Numbness, tingling, and inability to move a section of your body are the most common symptoms.

Other signs and symptoms include:

- Visual loss.
- Inflammation of face.
- Hearing loss or ringing in the ears.
- Dizziness.
- Face and eyelids that are drooping.
- Carpal tunnel syndrome is a condition that produces tingling, numbness, and discomfort in the hand.

Lupus and the autonomic nervous system

Lupus in the autonomic nerve system can manifest itself in a variety of ways, including:

- Heart rate or blood pressure changes.
- Problems with the stomach, such as vomiting or diarrhoea.

Correspondence to: Dr. Verity Hill, Department of Pharmacology, University of Kent, England, United Kingdom, E-mail: hillverity26@ed.ac.uk

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