

## Types of Lupus: Causes, Symptoms and Therapy

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### DESCRIPTION

Lupus erythematosus, commonly known as lupus, is a chronic autoimmune disease that affects various parts of the body, including the skin, joints, kidneys, heart, and lungs. The condition is characterized by inflammation, which can lead to tissue damage and a range of symptoms that can vary in severity and duration.

### Types of lupus

There are three main types of lupus:

**Systemic Lupus Erythematosus (SLE):** SLE is the most common form of lupus, accounting for about 70% of all cases. This type of lupus can affect any part of the body and can cause a wide range of symptoms, including joint pain and stiffness, fatigue, rashes, fever, and kidney problems. SLE is also associated with a range of other autoimmune disorders, including rheumatoid arthritis and Sjogren's syndrome.

**Discoid Lupus Erythematosus (DLE):** DLE primarily affects the skin and is characterized by round, raised, and scaly patches of skin that can develop anywhere on the body. These patches can be very itchy and can cause scarring and hair loss if left untreated.

**Drug-Induced Lupus Erythematosus (DILE):** DILE is a rare form of lupus that is caused by certain medications.

### Causes of lupus

**Genetics:** Lupus tends to run in families, and certain genes have been linked to an increased risk of developing the condition.

**Hormones:** Lupus is more common in women than in men, which suggests that hormones may play a role in the development of the condition.

**Environmental triggers:** Certain environmental factors, such as exposure to sunlight, infections, and certain medications, have been linked to an increased risk of developing lupus.

### Symptoms of lupus

The symptoms of lupus can vary widely depending on the type of lupus and the severity of the condition.

- Joint pain and stiffness
- Fatigue
- Skin rashes, particularly on the face and neck
- Sensitivity to sunlight
- Hair loss
- Mouth ulcers
- Kidney problems, including protein in the urine and high blood pressure
- Chest pain and shortness of breath, which may indicate heart or lung involvement
- Fever and general malaise

### Diagnosis of lupus

To diagnose lupus, a doctor will typically perform a physical exam and order blood tests to check for certain antibodies and other markers that are associated with the condition. In some cases, a skin biopsy or kidney biopsy may be necessary to confirm a diagnosis.

### Therapy for lupus

Lupus cannot be cured, although the symptoms can be controlled with a variety of drugs and dietary adjustments. The course of treatment will be determined by the kind and degree of lupus, as well as the patient's symptoms and medical background.

The following are some of the most typical drugs prescribed to treat lupus:

- NSAIDs, or non-steroidal anti-inflammatory medicines, are used to treat inflammation and discomfort.
- Antimalarial medications, including hydroxychloroquine, can lessen swelling and stop flare-ups.
- Prednisone is an example of a corticosteroid that is used to suppress the immune system and decrease inflammation.
- Medications that inhibit the immune system, such as methotrexate and azathioprine.

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**Received:** 02-Jun-2023, Manuscript No. OMCR-23-25270; **Editor assigned:** 05-Jun-2023, PreQC No: OMCR-23-25270 (PQ); **Reviewed:** 19-Jun-2023, QC No: OMCR-23-25270; **Revised:** 26-Jun-2023, Manuscript No: OMCR-23-25270 (R); **Published:** 03-Jul-2023, DOI: 10.35248/2161-0533.23.12.357

**Citation:** Hussien D (2023) Types of Lupus: Causes, Symptoms and Therapy. Orthop Muscular Syst. 12:357.

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In conclusion, Lupus Erythematosus is a complex autoimmune disease that can affect various systems and organs in the body. While the exact cause of lupus is still not fully understood, it is believed to involve a combination of genetic, hormonal, and environmental factors. Lupus is characterized by periods of flare-ups and remission, with symptoms ranging from mild to

severe. Common symptoms include fatigue, joint pain, skin rashes, fever, and organ involvement. Due to its diverse manifestations, lupus can be challenging to diagnose, often requiring a thorough evaluation of clinical symptoms, laboratory tests, and medical history.