

## A Brief Note on Lupus and it's Causes

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### DESCRIPTION

Lupus is an autoimmune disease that causes joint pain, fever, rashes on the skin, and organ damage. Lupus currently has no cure and must be treated for the rest of one's life. Lupus is most common in women, usually between the ages of 15 and 45.

### Different types of lupus

Lupus is classified into various kinds. The most prevalent kind is systemic lupus erythematosus. Other forms of lupus are as follows:

- Cutaneous lupus erythematosus is a form of lupus that affects the skin (cutaneous is a word that means "skin"). Individuals with cutaneous lupus erythematosus may have skin problems such as sun sensitivity and rashes. Hair loss is another sign of this disease.
- Drug-induced lupus: This type of lupus is caused on by specific medicines. Drug-induced lupus can cause many of the same symptoms as systemic lupus erythematosus, although it is typically very brief. This kind of lupus usually goes away once you stop taking the medication that is causing it.
- Neonatal lupus: An unusual form of lupus, neonatal lupus is a disease that occurs in newborn infants. Children born with neonatal lupus have antibodies delivered from their mother, who may have had lupus during her pregnancy or may experience the disease later in life. Not every child born to a woman who has lupus will get the condition.

Lupus is significantly more frequent in women, representing for nine out of ten cases. Women are frequently diagnosed between the ages of 15 and 44, i.e., throughout their reproductive years.

Although the origin of lupus is unclear, the hormone estrogen is considered to play a role in the illness. Lupus seems to have the ability to affect many different parts of your body. It might result in aches and pains as well as significant issues with your major organs. Lupus is an autoimmune disease, which means it causes your body to fight itself. Over time, this might cause organ damage. Lupus can damage the skin, blood, joints, kidneys, brain, heart, and lungs, among other organs.

### Causes of lupus

At present, the specific cause of lupus is unknown. Researchers are still trying to find out why people get lupus. Even if the exact cause is unknown, there are many variables that may lead to the disease. Lupus can be caused by a variety of causes, including:

- Changes in hormones: Women are more prone than males to develop lupus, which may be attributable in part to hormones such as estrogen. Lupus is more frequent in women aged 15 to 44, when estrogen levels are greatest.
- Environmental factors: Various components of your surroundings might potentially raise your risk of lupus. Lupus can be caused by a variety of factors, including the amount of sunlight you are exposed to, drugs you use, infections you may have been exposed to, and even stress. A history of smoking may also be a factor in the development of lupus.
- Family history: Lupus may have a hereditary component. You are more likely to get lupus if you have a family member who has the condition.
- Patients with lupus are 50 times more likely to have a heart attack, so they should avoid items known to cause heart disease, such as red meat, fried meals, and dairy.

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