

Note on Depression Caused Due to Lupus

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DESCRIPTION

Systemic Lupus Erythematosus (SLE) is a genetic disorder, an autoimmune connective-tissue disease with significant psychiatric comorbidities, the most prevalent of which depression and anxiety. It has been shown that SLE patients have a greater rate of depression than the overall population. Furthermore, Symptoms vary between people and may be mild to severe. Common symptoms include painful and swollen joints, fever, chest pain, hair loss, mouth ulcers, swollen lymph nodes, feeling tired, and a red rash which is most commonly on the face. Often there are periods of illness, called flares, and periods of remission during which there are few symptoms. As a result, sadness and anxiety may be targets for therapies targeted at improving SLE patient's subjective health and quality of life. However, current epidemiological shows that the prevalence of depression and anxiety in SLE patients varies between studies, ranging from 2% to 91.7%. Lupus can harm a person's mental and emotional health. Patients suffering with lupus have mental and bodily issues, such as difficulties in sleeping. They also experience feelings such as fear and sadness. These are frequent feelings that patients experience, and recognizing where they come from aid in the development of methods. The mental and emotional symptoms of lupus can sometimes be linked to the illness process or the drugs used to treat it. The following are some of the most common issues that may be related to the disease: Dysfunction of the brain, many patients with lupus suffers from a range of linked issues, such as amnesia or difficult in thinking. They may describe their symptoms as fuzzy-headed. These issues frequently correlate with periods of heightened disease activity, known as flares. However, cognitive issues can be indicators of depression. Anxiety and depression can be a psychological reaction to lupus or a side effect of treatment. They can also happen as a result of the illness process.

Mood swings and personality shifts are most commonly observed in Lupus, patients may suffer unpredictability in their moods and personality features. Anger and irritation are examples of such emotions. These might be caused by the illness process or, in certain situations, by the use of corticosteroid medicines. Lupus-related emotions can be caused by a variety of factors, including: Outward manifestations of the illness or its treatment. Issues, such as rashes on the face or weight gain from lupus-treating corticosteroids, can have an impact on physical appearance and self-esteem of patients. Pain, exhaustion, and other symptoms might make it difficult to accomplish other things. The condition or its treatment may necessitate reducing the workload. This can have an impact on their career and income.

Certain steps may help to manage with lupus, such as: Educating about the disease as well as others contributing factors. Learn everything about the condition and how to treat it. Share the information with friends and family so they can better understand the condition and how it affects them. Adopting a healthy life style is always important. Exercise on a regular basis, eat a healthy, balanced diet, get enough rest, and avoid alcoholic beverages.

CONCLUSION

A mental health expert can teach certain skills for dealing with the stress of lupus, such as progressive muscle relaxation, guided imagery, and meditation, that can be practiced daily. Adult SLE patients have a significant occurrence of depression and anxiety. It suggested that rheumatologists assess their patients for depression and anxiety and refer them to mental health specialists. The specialists develop effective techniques for preventing and treating depression and anxiety in SLE patients.

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