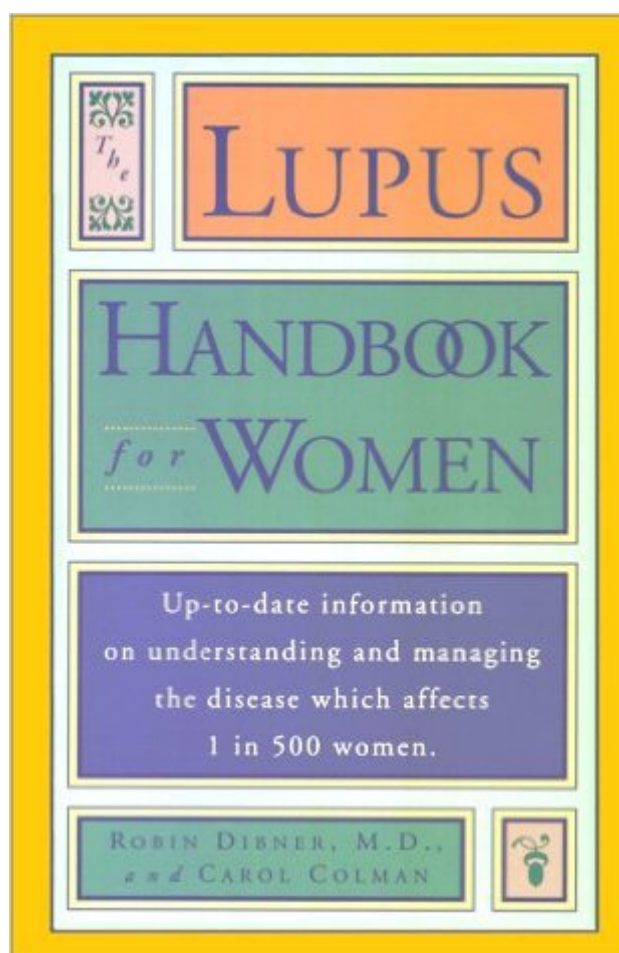


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# Lupus Handbook For Women: Up-to-Date Information On Understanding And Managing The Disease Which Affects



## Synopsis

A complete Guide for Women with Lupus The Lupus Handbook for women provides all the information a woman needs to understand the disease, its diagnosis, and the treatment. It will answer her questions and help her to work with her doctor in managing the disease.

Rheumatologist Dr. Robin J. Dibner, in clear and supportive terms, tells women what they need to know, including:

- \* What lupus is, how it affects the body, and why women are particularly vulnerable to it (90 percent of Americans with lupus are women)
- \* The three different types of lupus (discoid lupus, systemic lupus erythematosus [SLE], and drug-induced lupus)
- \* How to get a correct diagnosis and understand the tests (because the symptoms are often mistaken for those of other illnesses, it can take three to five years to get a definitive diagnosis)
- \* The pros and cons of the various conventional drugs and therapies
- \* What the new, experimental treatments are, whom they are for, and what their risks and benefits are
- \* How to use stress control, diet, and exercise to prevent flare-ups and maintain health
- \* How to keep lupus from interfering with a normal dating and sex life and with the development of healthy relationships
- \* How to have a safe, though high-risk, pregnancy

The Lupus Handbook for Women also includes information on the major lupus research centers, support groups, and other sources of help and information.

## Book Information

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## Customer Reviews

I borrowed this book from the library and I just had to buy it. I have read a lot about lupus since my diagnosis 4 years ago. This is the most useful resource I have found yet. It explains the disease and

possible causes, and also gives information on the tests that lupus patients routinely undergo.

I thought this was a good book for anyone who is trying to learn more about lupus. I have had the disease for many years, and still found things I was not sure of. I would recommend it to others for sure. I would also recommend *Stolen Moments*, as it shows someone living with lupus in a different way. Both are excellent books for lupus patients to read.

A comprehensive book, although it could go into more depth in areas. The page numbers are on the binding side of each page, which makes it difficult to thumb through to find anything.

I'm not done with this book. If you are newly diagnosed with any form of Lupus or you LOVE someone with Lupus. This book is GREAT and very informative!! Also take it to your doctors so you can let them know that you're keeping up with YOUR OWN health!!

My mom has lupus so I bought this book for her and she reads it and loves it. It has helped her through so much with everything she is going through from treatments to fighting her anxiety of everything and stress. This is a great book for women struggling with Lupus.

I was overwhelmed when I got my diagnosis of lupus over 2 years ago, so my mom purchased this book for me and it really helped me to understand exactly what this disease does and how I, as a woman, can deal with it. I actually have a pretty severe form of Lupus and I still refer to this handbook a lot, especially when a new symptom pops up. It has also helped my dad, mom, sister, boyfriend, and friends to understand what Lupus is and what I'm going through. So if you are a woman with Lupus, especially if you are newly diagnosed, or if a woman in your life has Lupus, read this book.

This book was an excellent source of information. While Daniel Wallace's book is by far the best written on Lupus, Ms. Dibner writes with passion, and she offers good advice. I read this in one sitting.

These books on lupus were bought for a friend who recently was diagnosed with lupus. They are helping her understand what is happening to her body. They were great choices.

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