

## Systemic Lupus Erythematosus (SLE)

SLE is an autoimmune disorder. It affects 16,000 new cases annually; mostly young women. The clinical course of SLE is variable and marked by remissions and exacerbations. A flare up of disease activity can be precipitated by infections, physical or emotional stress, sunlight, surgery, pregnancy, and certain medications. Like rheumatoid arthritis, SLE is treated by a variety of potentially toxic medications. Common medications include nonsteroidal anti-inflammatory agents, anti-malarials (*such as Plaquenil*), prednisone, cyclophosphamide (*Cytoxan*), and azathioprine (*Imuran*). The overall survival rates from the time of diagnosis have been improving and the 10 year survival is about 90%. The risk of life-threatening complications is greatest in the first 5 years from onset. Causes of death are infections, clotting and cardiovascular complications, cancer, active lupus and lupus damage to various organ systems, and atherosclerosis. SLE can also be drug induced but the signs and symptoms of lupus should reverse on removal of the drug. The following medications are noted for this adverse reaction: hydralazine, procainamide, practolol, penicillamine, isoniazid, and dilantin. **Drug induced lupus** is typically milder and has less complications and less renal disease. **Discoid lupus** is a limited disease with superficial skin involvement only. It has no systemic features, although a small number of cases have been known to develop into systemic lupus.

If your client has a history of Lupus, please answer the following:

**1. Please list date of first diagnosis**

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**2. Please note type of lupus diagnosed:**

systemic lupus erythematosus (SLE) \_\_\_\_\_

discoid lupus \_\_\_\_\_

drug induced SLE \_\_\_\_\_

**3. Is your client on any medications?**

yes, please give details

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**4. Please note if the lupus is:**

in remission (list date of last exacerbation)

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currently present \_\_\_\_\_

**5. Please check if your client has had any of the following:**

low blood counts \_\_\_\_\_ neurologic disorder \_\_\_\_\_  
lung involvement (pleuritis) \_\_\_\_\_ heart involvement (pericarditis) \_\_\_\_\_  
proteinuria renal insufficiency or failure \_\_\_\_\_  
high blood pressure \_\_\_\_\_

**6. Has your client smoked cigarettes or any other tobacco products in the last 5 years?**

Yes \_\_\_\_\_  
No \_\_\_\_\_

**7. Does your client have any other major health problems (ex: cancer, etc.)?**

Yes, please give details

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