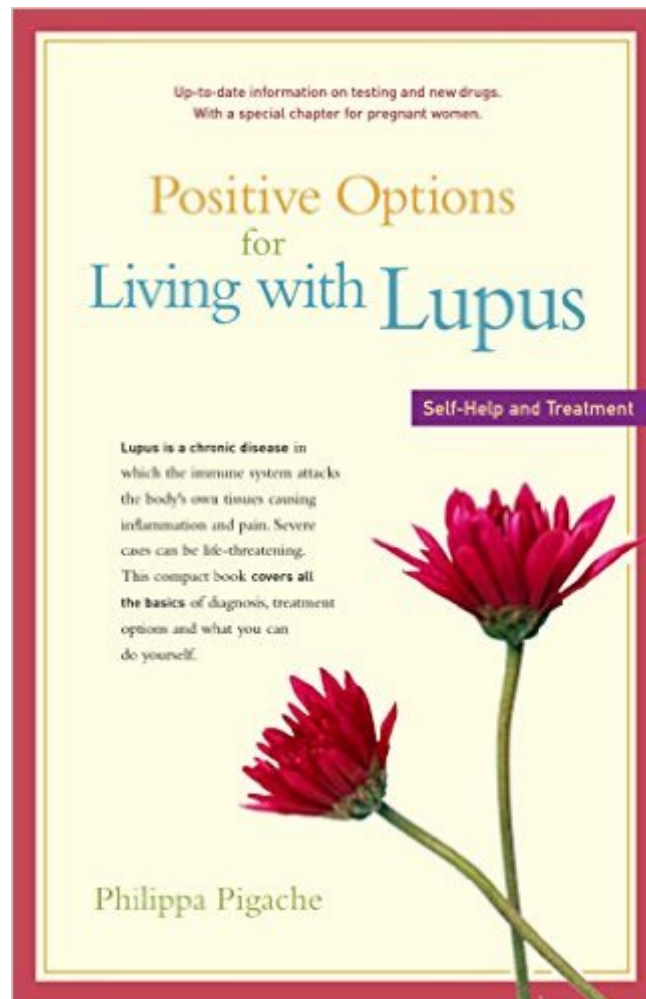


The book was found

Positive Options For Living With Lupus: Self-Help And Treatment (Positive Options For Health)



Synopsis

The effects of lupus; a difficult-to-diagnose condition in which the immune system attacks the body; can be mild or life threatening. Therapy and awareness of lupus have improved greatly in recent years, and this book contains the latest information about the disease, its diagnosis, and its cures. The book covers different types of lupus; self-care and when to call the doctor; lupus and pregnancy; self-help measures, including rest, diet, and exercise; complementary remedies; dealing with flares; and coping with work and money difficulties.

Book Information

Series: Positive Options for Health

Paperback: 128 pages

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ISBN-13: 978-0897934879

Product Dimensions: 5.7 x 0.3 x 8.4 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,991,426 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #105 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #648 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

Customer Reviews

What a wonderful and insightful book. Having gone through several Rheumies and the whole denial thing, this book would have saved time and heartache. Philippa Pigache has included various ways of pinpointing the signs of SLE including the St. Thomas' Criteria. She also touches on various treatments including pharmaceutical as well as alternatives. Most importantly, she doesn't forget the mental well being of a person suffering from SLE!! highly recommend this book for anyone that think they may have a form of Lupus to those that have been diagnosed. She also touches on Sjogren's, FMS, MCTD, Avascular Necrosis, Libman-Sacks and DIL. It isn't "Systemic Lupus Erythematosus" by Geroqe C. Tsokos, Caroline Gordon and Josef S. Smolen nor is it "Dubois' Lupus Erythematosus" but it does cover much valuable information that doesn't read like a medical tome.

Thank you for your timely response. I needed to learn more about my daughter's condition and this read helped me.

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