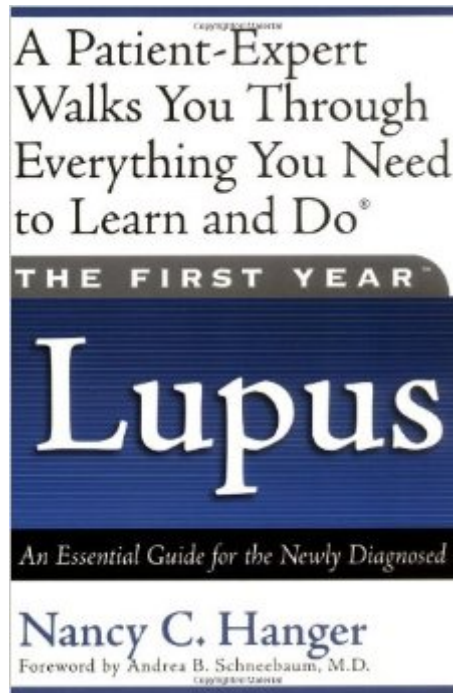


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The First Year--Lupus: An Essential Guide For The Newly Diagnosed



Synopsis

Lupus affects an estimated 1.5 million people in the U.S.; 90 percent of whom are women; but due to the diversity of its symptoms and severity, it remains one of the most difficult conditions to identify and diagnose. In the tradition of the other titles in the First Year series, *The First Year: Lupus* uses a unique approach; guiding readers through their first seven days following diagnosis, then the next three weeks of their first month, and finally the next eleven months of their first year; to provide answers and advice that will help everyone newly diagnosed with lupus come to terms with their condition and the lifestyle changes that accompany it. Starting with the day of diagnosis, Hanger provides vital information about the nature of lupus, choosing the right doctors, treatment options, coping mechanisms, holistic alternatives, and much more. *The First Year: Lupus* will be a supportive and educational resource for everyone who wants to take an active role in the management of their condition. Although Lupus is not preventable or curable, this illustrated book explains how symptoms can be treated through prescription medications and self-management strategies.

Book Information

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Customer Reviews

I found this book very informative and it helped me personally answer many questions that I have had about how I'm feeling, not only now, but for many years. I found that I personally had many of these symptoms for the past 20 years, yet it took the medical profession to finally give me a

diagnosis after being hospitalized for over 2 weeks with zero white count, bone marrow suppression, and many other symptoms in this book. I was tested for every disease from HIV to Hepatitis B & C, all negative and 3 bone marrow biopsies that were inconclusive as I did not have enough bone marrow to test and my red cells and platelets started depleting. As a friend put it I had a Text Book Case of Lupus, yet, my rheumatologist couldn't give me a Lupus Diagnosis until I finally had a Full Blown Lupus Flare Up, although, 2 years ago I did have a positive ANA test, they had to wait for the flare up, which did not occur until 2 and half years after my hospitalization. This book is not only helpful to the patient, but to their families and friends also. I copied many sections to give to friends so they could better understand what I was going through. I also ordered more books for family members, so they also could understand why I act the way I do or feel the way I do, but also Lupus can be hereditary and I believe we all need to better educate ourselves with our families' medical histories. I believe this author did a very well and informative job on educating those people who are newly diagnosed with Lupus.

Many thanks to Nancy Hanger for outlining the things that a Lupus patient needs to know. She organizes the information in such easy bites that it doesn't overwhelm you. The explanations are clear and the information is valuable. So many doctors rely on information (or misinformation) based on what they learned about Lupus back in medical school twenty years ago. Even some rheumatologists dance around the diagnosis, the symptoms, what you should be told. Nancy Hanger spells it out clearly. If you are newly diagnosed, or even if you've had Lupus for a while, this is A Must Read. Thank you, Nancy Hanger.

This book helped me so much and I have been diagnosed for over a year. The author explains everything so that it is easy to understand and is very thorough. You are supposed to read the book throughout the year, but it took me four days. It read almost like a novel.

While I have not been diagnosed with Lupus, although the doctors suspect something autoimmune is occurring, I found this book very helpful concerning how to live with a chronic illness. If indeed I am diagnosed with Lupus, I will have been glad to have read this book as it clearly explains how to live with this chronic illness that can affect so many body systems. I found particularly helpful the author's advice on how to manage and live with the malar (butterfly) rash. I've had this problem for sometime and reading her experience made me feel better as I knew I was not the only one who has had this happen. At least my rash occurred at home while hers occurred while attending a

conference. Overall, this is a very helpful book that teaches about how Lupus affects different body systems; how to manage the symptoms and how to live with a chronic illness. Highly recommend.

After receiving a diagnosis this year of Lupus SLE, I had no idea where to start or begin. My doctor threw me on some medication and basically told me to "buck up", which left a lot of my questions unanswered. Fortunately, this book sets out answering those difficult questions that may come after a diagnosis. The book is set up into "days", "weeks", and "months" after a diagnosis, all of which are stages that most of us have (or will) go through- everything from shock, to depression, to just wanting to learn more about the disease and how this disease will impact our lives. And how this disease will impact the lives of those we love and who love us. This book touches on a wide variety of issues that come from having a diagnosis. The author's voice is both personable and candid, while remaining truthful and factual. This book came as a blessing in disguise for me. It answered so many of my unanswered questions. It gives a voice to all of the thoughts and feelings I have had since being diagnosed. I bought a copy of this book for my mom to have, and I also have made my husband read my copy. It's a great book, and it's a must have for anyone who has Lupus or who knows someone who has Lupus. I can't recommend it enough!

I really loved this book. It was very informative and it helped me better understand my disease. It also has helped my family members to better support me during flares and different symptoms of Lupus. Easy to read and for an recently diagnosed lupus patient is a great coping tool, it explains symptoms and feelings that you might be experiencing and that you had no idea were related to your Lupus. I recommended it to everyone diagnosed with this disease and anyone who needs to understand what we go through.

I am in my first year after I heard my doctor give me the diagnosis "Lupus". I was shocked because I knew the basics about auto-immune diseases. However, I was also feeling completely confused and helpless because I had no specific knowledge about "my" auto-immune disease, and about how it would be re-shaping my life as I knew it. This book was a tremendous help for me. It explains what happens/ can happen with your body; how to deal with flares, and how to start educating your family, friends, and people you work with. On a recent international flight I had to realize that most other people, in this case the entire flight crew, were just as clueless as I once was. It was actually quite scary...I highly recommend this book. It is very informative yet written by a very compassionate woman (and not only because she suffers from Lupus herself).

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