

Lupus: myths and facts



Myth

Lupus is contagious.

It can be spread through hugging, shaking hands, or sharing food with someone who has lupus.



Fact

You can't 'catch' lupus.

It is an autoimmune disease, which means the body's defence system goes wrong and starts to turn on itself and attack healthy tissues.¹



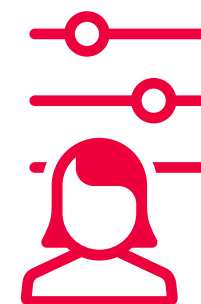
Myth

Lupus can be **easily diagnosed** with a quick test.



Fact

There is no **single test for lupus** and it can often take several years to make the diagnosis.²



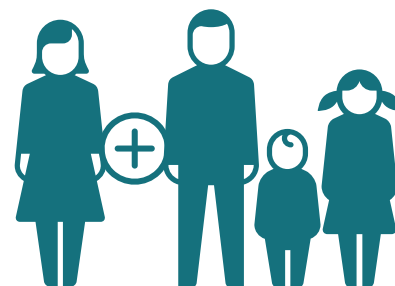
Myth

Lupus only affects **women**.



Fact

Although **70-90% of cases** are in women, lupus can also affect men, children and teenagers.³



Myth

Women with lupus can **never get pregnant**.



Fact

With proper planning and monitoring, many women with lupus can go on to have a **successful pregnancy**.^{4,5}



References

1. Lupus Foundation of America. What is lupus? Available at: <https://www.lupus.org/resources/what-is-lupus>. Last accessed: February 2020.
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3. Beeson PA. Age and Sex Association of 40 Autoimmune Diseases. Am J Med 1994; 96:457-462.
4. Lupus Foundation of America. Planning a pregnancy when you have lupus. Available at: <https://www.lupus.org/resources/planning-a-pregnancy-when-you-have-lupus> Last accessed March 2020.
5. Laskin, C., Clark, C., & Spltizer, K. (2005). Decrease in Pregnancy Loss Rates in Systemic Lupus Erythematosus Over a 40-Year Period. Fertility And Sterility, 84(32), 1709-1712.