**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.  

**Myth**

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

**Fact**

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

**Myth**

**Lupus only affects women.**

**Fact**

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

**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.**

References