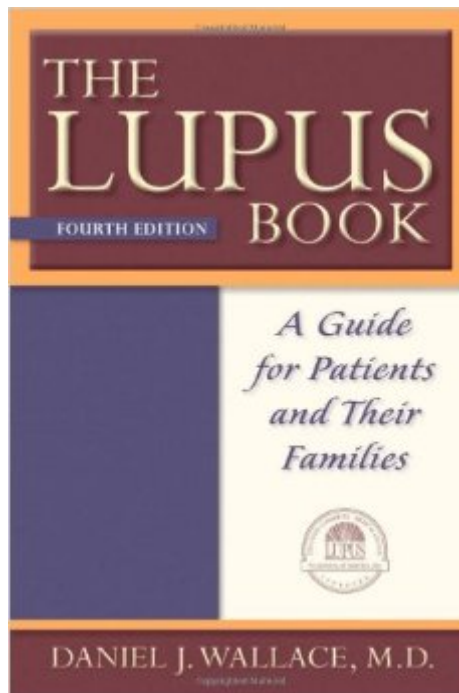


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# The Lupus Book: A Guide For Patients And Their Families



## Synopsis

Lupus, a disease of the immune system, can be quite deadly, claiming the lives of thousands of patients yearly. Dr. Daniel J. Wallace is one of the world's leading authorities on this disorder, an eminent clinician who has treated over 2000 lupus patients, the largest such practice in America. His *The Lupus Book*, originally published in 1995, immediately established itself as the most readable and helpful book on the disease. Now Dr. Wallace has once again completely revised *The Lupus Book*, incorporating a wealth of new information. This Fourth Edition discusses the newest clinical trials and emerging therapies--all laid out in user-friendly language that any patient could understand. Readers will also discover fully updated sections on the science of lupus and breakthroughs in research. And as in past editions, the book provides absolutely lucid answers to such questions as: What causes lupus? How and where is the body affected? Can a woman with lupus have a baby? And how can one manage this disease? Indeed, Dr. Wallace has distilled his extensive experience, providing the most up-to-date information on causes, prevention, cure, exercise, diet, and many other important topics. There is also a glossary of terms and an appendix of lupus resource materials compiled by the Lupus Foundation of America. Over a million Americans have lupus. The Fourth Edition of *The Lupus Book* offers these patients and their families a wealth of reliable, up-to-date information that will help them manage the disease and live a happier life.

## Book Information

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## Customer Reviews

The *Lupus Book* offers detailed information about lupus that is helpful for the newly diagnosed

patient or, like my mother, for a lupus survivor of more than 20 years. It has become a "lupus Bible" for my mother and me, even after all the books we've read about lupus over the last 25 years. The book includes example anecdotes, useful information on treatments, and VITAL clinical information for each body system involved. Another .com customer recommended this book, and I am so grateful--we discovered a life-saving diagnostic procedure through this book that my mother's doctors had not intended to run. If you think you're getting the best care possible for your lupus, read this book and be certain of it. I can't recommend this book highly enough--it is quite literally life-preserving information for the chronically ill lupus patient.

I have had lupus for at least 20 years and have been diagnosed for 12 of those years. I have a good amount of knowledge of the disease and have been professionally employed as a health educator for rheumatic diseases in the past. I have also been a rheumatic diseases support group leader since 1986. But what good is knowledge when you are too ill to use it? People who have the symptom of severe fatigue, as well as those who share my experience with lupus cognitive impairment problems, will understand what I mean. I was having shortness of breath and knew that trouble breathing is big trouble. I was being treated in a managed care setting with antibiotics. I had also been taken off my medications to see if drug allergies were causing breathing problems, and it was proposed that this be tried again even though I only got sicker the first time. I was told I might have acute lupus pneumonitis and when I saw some of my own test results I knew this is what I had. But I wasn't sure what to do about it! My steroids were being decreased and I was getting worse. A paragraph in Dr. Wallace's book leapt out at me, telling me that (page 85) "If it is properly managed with high doses of steroids, [acute lupus pneumonitis] can be completely reversible...Despite this, it is unfortunate that up to 50 percent of patients with ALP die within months, often due to a delay in diagnosis". Well, folks, I happen to know Dr. Wallace and hightailed to Beverly Hills to see him ASAP. I did have ALP and I would have been in a box underground soon enough if I didn't get treatment, which obviously I did or I wouldn't be here writing this review. Enough said! Get the book.

I have recommended this book to numerous people to help them understand their illness better. Dr. Wallace has written this book in terms that a lay person can understand, but never 'talks down' to the reader. This book is an excellent tool for arming oneself in being their own patient advocate. The information can allow you to converse with your health care provider, working with them to achieve the best care for you. Having read many books about this disease which I have had for the last 10 years, I am pleased with the extensive coverage of the many symptoms and ways that lupus can

manifest itself. A very helpful and useful book.

My Rheumatologist recommended this book and I finally took his advice. This is the most comprehensive, easy to understand book on lupus I have ever read.. AND most importantly, it is not depressing. I feel empowered after reading this book. The section on lab results is very informative..I would recommend this to anybody curious about lupus.

This is simply the best book on the market for patients with various kinds of lupus, people who suspect they may have lupus, and those who love them. Written by one of the foremost rheumatologists in the world, and a noted expert in the field, this book covers everything from what is known about the causes of the various types of lupus to why it is difficult to diagnose the disease, on through the biochemistry of the disease, its manifestations and symptoms, the possible treatments for them, and the probable outcome of those treatments. It even discusses the options for lupies: what about pregnancy, for example? For a lupus patient, this is a must-read at diagnosis, and a faithful friend thereafter, as this fickle disease morphs into various different forms over time. It is also surprisingly reassuring for the new patient, who may have read outdated materials suggesting that a five-year survival rate is to be expected (it is not). The book, like its author, is careful and caring, but it assumes an intelligent reader and does not patronize. Anyone who doesn't want to read the technical explanations (why are C3 & C4 levels important?) can skip those parts, but the long-term patient will find him or herself going back to them eventually. The patient who reads and understands this book will also be in a far better position to advocate for him or herself with any rheumatologist, and to understand the tests that are inevitably run both to diagnose the illness and to detect its severity at any given time. The only more thorough book on the market on this subject is a textbook, "Dubois Lupus," edited by Daniel Wallace and Bevra Hahn. I found this volume invaluable even before I became one of Dr. Wallace's long-term lupus and FMS patients, and I can vouch for its usefulness. One of the few patient guides out there truly worth the money. If you're going to buy one book, and if you have lupus or know someone well who does have it, you should: buy this one.

I was just diagnosed this year with lupus and let me tell you, I was reading everything I could on lupus and when I ordered this book and read it in less than 1 day I felt so much better about my disease because this book helps you understand it, it is clear and concise. I feel after reading this book that I have at least better understanding and that is what we all need. I have passed the book

onto my family members to read as well. VERY informative book.

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