

Coping With Lupus Revised And Updated Fourth Edition

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Coping with Lupus: Revised & Updated, Fourth Edition ...

This new edition of Coping with Lupus answers all the important questions one might have and offers practical coping strategies to help those with lupus live their lives to the fullest. Dr. Robert Phillips, the founder and director of the Center for Coping, lends his expertise in dealing with the psychological aspects of chronic health problems to address a range of issues, including: The medical facts-what lupus is, and how it is diagnosed and treated Medications, nonmedical pain-control ...

Coping With Lupus: A Practical Guide to Alleviating the ...

Individual therapy can help you cope with issues like depression and anxiety; Couples therapy can help you and your partner communicate as you both adjust to your diagnosis; An online support group can help you engage with other people affected by lupus and learn tips from people dealing with similar experiences

Coping with lupus: a guide | Lupus Foundation of America

Dr. Phillips largely focuses on providing strategies for coping with the challenges often experienced by those living with lupus - approaching such topics as emotions, relationships, and lifestyle changes with empathy and encouragement.

Coping with Lupus | Lupus Foundation of America

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"A completely updated and revised edition that provides comfort, information, strategies, and advice for those living with lupus. There is no cure for lupus, so a diagnosis of this potentially debilitating autoimmune disorder is understandably disquieting.

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Avoid the Sun and Even Indoor Fluorescent Lighting-Photosensitivity is common in lupus and can exasperate and even cause certain lupus conditions leading to a lupus flare. Being sun-smart means staying out of the sun, wearing sunscreen with SPF of at least 30 that blocks both UVA and UVB rays, covering up with a hat and long sleeves and pants when out in natural sunlight avoiding the most intense times during the day between 10 a.m. -4 p.m. Indoor lighting can also give off these potentially ...

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About Coping with Lupus. A completely updated and revised edition that provides comfort, information, strategies, and advice for those living with lupus. There is no cure for lupus, so a diagnosis of this potentially debilitating autoimmune disorder is understandably disquieting.

Coping with Lupus by Robert H. Phillips: 9781583334454 ...

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Coping With Lupus Revised And Updated Fourth Edition [EBOOK]

If you have lupus, you're likely to have a range of painful feelings about your condition, from fear to extreme frustration. The challenges of living with lupus increase your risk of depression and related mental health problems, such as anxiety, stress and low self-esteem. To help you cope with lupus, try to: Learn all you can about lupus.

Lupus - Diagnosis and treatment - Mayo Clinic

Lupus is more common in African-Americans, Hispanics and Asian-Americans. Complications. Inflammation caused by lupus can affect many areas of your body, including your: Kidneys. Lupus can cause serious kidney damage, and kidney failure is one of the leading causes of death among people with lupus. Brain and central nervous system.

Lupus - Symptoms and causes - Mayo Clinic

Coping With Lupus : A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus, Paperback by Phillips, Robert H., ., ISBN 1583334459, ISBN-13 9781583334454, Brand New, Free shipping in the US "The founder and director of the Center for Coping in Long Island, NY offers this completely revised and updated edition of his authoritative and practical guide to alleviating the challenges of Systemic Lupus Erythematosus"--

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