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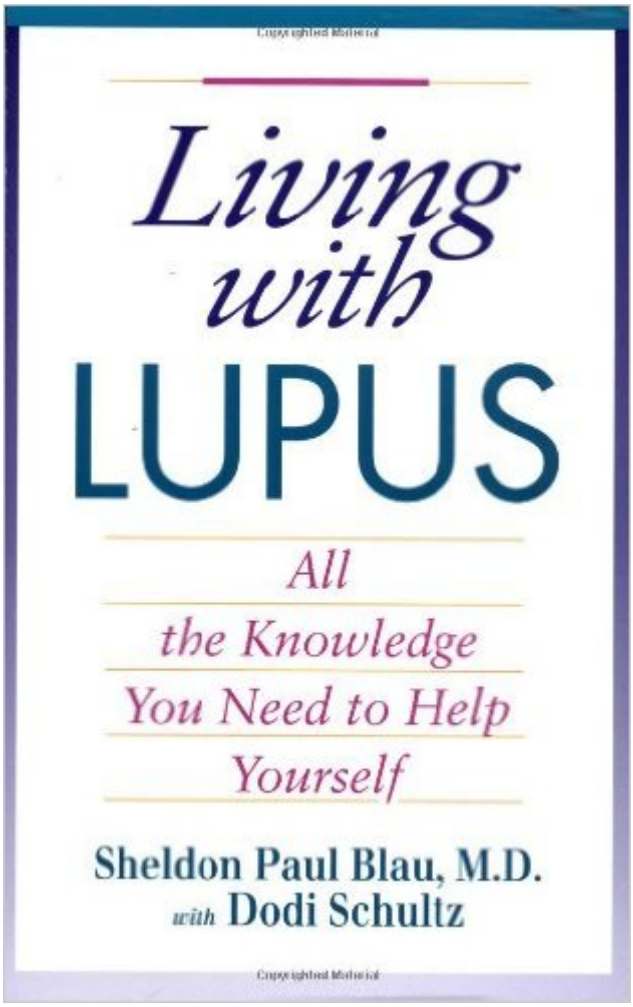
Living With Lupus: All The Knowledge You Need To Help Yourself



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Synopsis

This is the definitive, up-to-the-minute source of information for lupus sufferers, their families and friends, and their caregivers. It includes the latest research on possible causes and promising treatments-including treatments other than the standard drug approach. The individual voices of patients in these pages provide illuminating insights for readers living with such an unpredictable disease. Practical resources round out this detailed, readable, and reassuring guide.

Book Information

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Customer Reviews

This book covers all the ins and outs of a disease that is just as much a mystery now as it was years ago. This gives detailed information about what to expect in testing, physician’s appointments, symptoms, different treatment options and how to cope with the fact that you have a chronic disease.

This book is a decent intro to the topic if you don’t know much about it, and definitely gets points for being a quick, easy read. I would recommend it to someone that knows very little (or nothing) about lupus, but not for anyone that has a good knowledge base already. It does contain a lot of good information, but a lot of it is obvious common sense you don’t need to pay for (like.. are you tired? rest! or a great way to exercise is to walk!)...

This book provides up to date coverage of a complex and commonly misunderstood disease. It is

easy to read and well organized, yet provides a great deal of detail. Suggestions for action as well as for further inquiry are provided.

WOW! This is was a well written book and has answered many of my questions. I was pleased to see there was a whole chapter dedicated to Antiphospholipid Antibody Syndrome. This book will stay in my personal library.

If you have Lupus it is worth the read. Especially just knowing there are people out there that deal with this same disease daily. It covers everything to a tee and has some good ideas. It would really help family members to read this one also. It will shed a light on someone who has no clue about Lupus.

Easy to read, with current information. Definitely a book to buy. Very helpful and answered a lot of questions. It was nice to see a whole chapter dedicated to APS & Pregnancy. Will be recommending this book to others.

I enjoyed this book. It is well written and easy to understand. It is not as technical as some books on the topic which makes it much easier to understand. I learned a vast amount of new information from this book. It offered practical advice/information. After I read it- I had my husband and mother read it -so they could understand my Lupus much better. Definitely worth the price of the book!

Really helps with anxiety problems. There are new treatments...Most people do fine

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