

Comprehensive Study on Lupus Erythematosus and its Diagnosis

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DESCRIPTION

Lupus erythematosus, sometimes known as lupus, is a chronic autoimmune illness that affects many different regions of the body, including the skin, joints, and internal organs. It is believed that one in every 2,000 people in the United States has lupus, with women being more prone than males to have the disease. While there is currently no cure for lupus, medication can help patients manage their symptoms and improve their quality of life. Systemic Lupus Erythematosus (SLE) is an autoimmune illness with an unknown cause that expresses itself in a number of ways. SLE is an autoimmune illness characterised by multisystemic microvascular inflammation and the development of many autoantibodies, mainly antinuclear antibodies.

Clinical manifestations of patients range from modest joint and skin involvement to life-threatening kidney, hematologic, or central nervous system involvement. Because of the clinical variability of SLE and the lack of pathognomonic symptoms or tests, diagnosis is difficult. SLE is a chronic disease that causes inflammation in connective tissues that provide strength and flexibility to structures throughout the body, such as cartilage and the lining of blood vessels.

The precise cause of lupus is unknown; however it is thought to be a combination of hereditary and environmental factors. According to some study, hormones such as oestrogen may have a role in the development of lupus, which may explain why women are more typically affected than men. Furthermore, certain drugs and viruses can cause lupus in people who are genetically prone to it.

A butterfly-shaped rash over the cheeks and nose is one of the defining signs of lupus, however it does not affect everyone with the disease. Other typical lupus symptoms include joint pain and swelling, muscular pain, fever, exhaustion, and light sensitivity. Lupus can impact internal organs such as the kidneys, lungs, or heart in some cases, leading to more serious consequences.

Lupus diagnosis might be difficult because the disease's symptoms can match those of other illnesses. Physical exams, blood tests, and imaging tests, such as X-rays or CT scans, are commonly used to make a diagnosis. A skin biopsy may also be performed to investigate any rashes or lesions that may be present.

Lupus treatment usually consists of a combination of drugs and lifestyle changes. Ibuprofen and other nonsteroidal anti-inflammatory medications can aid with joint discomfort and inflammation. Corticosteroids may be used in more severe situations to lessen inflammation throughout the body. Immunosuppressive drugs, such as azathioprine or methotrexate, may also be administered to assist lower the body's immunological response and avoid organ damage.

In addition to medicine, lifestyle adjustments can help manage lupus symptoms. Skin rashes and sensitivities can be avoided by avoiding excessive sun exposure and wearing protective gear. Regular exercise can help relieve joint pain and stiff-

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ness, and a nutritious diet can help with weight management and overall health.

Living with lupus can be difficult, but with correct medication and self-care, patients can live full and productive lives. Lupus patients must collaborate closely with their healthcare team to design a treatment plan that is personalized to their specific requirements and symptoms.

To summarize, lupus erythematosus is a chronic autoimmune

illness that can affect numerous body areas, including the skin, joints, and internal organs. The cause of lupus is unknown, but it is thought to be a combination of hereditary and environmental factors. Lupus diagnosis might be difficult because the disease's symptoms can match those of other illnesses. Treatment often consists of a combination of drugs and lifestyle changes, and persons with lupus should collaborate closely with their healthcare team to control symptoms and enhance quality of life.