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Vlog # 48 -  
\"Depression and  
Lupus\"

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(November 7th,  
2020) My Lupus  
(SLE) Update |  
How I'm coping

\u0026 HAIR LOSS  
update |

Laliland TOP 5

Lupus Tips: Ways  
to Deal with  
LUPUS Flares

Foods to avoid  
for Lupus

Managing Stress  
with Lupus and

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Coping With  
Chronic Illness  
- TILLY Episode  
1 *Types of  
Lupus, Diagnosis  
& follow-up  
Q&A about  
Coping with  
Stress 20th  
Annual Lupus  
Summit- Managing  
Your Lupus and  
the Importance  
of Communication*  
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Lupus | HEALTH

DIGEST Lupus -

Managing Your

Symptoms Dr

**Natasha Jordan -**

**Fatigue in Lupus**

**(Causes and**

**Management)**

Living with

Lupus Lupus -

Signs \u0026

Symptoms **LIVING**

**WITH LUPUS | My**

**Morning Routine**



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**How I found out**

**I have LUPUS**

*Eating Healthy  
with Lupus What  
Is Lupus? Signs,  
Symptoms and  
Treatment [2020]*

**This Is Lupus**

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What Doctors  
Don't Tell You  
About Lupus Do I  
have Lupus -  
Lupus Symptoms  
and Diagnosis

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Overview, Lupus  
Chick at  
LupusChick.com  
My Lupus

~~Diagnosis~~

Journey 6 Lesser  
Known Symptoms  
of Lupus

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A DAY IN THE  
LIFE OF LIVING  
WITH LUPUS |

Lupus Flare

**Living with**

**Lupus: Managing**

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Coping With

Your Lupus with

Confidence |

Access Health

Suggestions On

How To Cope With

Lupus? - Manipal

Hospital

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Systemic Lupus

Erythematosus

(SLE) - signs

and symptoms,

pathophysiology,

investigations,

treatment

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How I Cope With

Lupus Nephritis

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*lupus* **Lupus and**

**Cognitive Health**

**Presented by**

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LUPUS DISEASE

EXPLAINED:

Symptoms ,

Treatments ,

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Coping With  
Causes, Stories,  
Facts, etc.  
Understanding  
Lupus Part Three  
*Coping With  
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eBook: Phillips,  
Robert H.:

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This new edition  
of Coping with  
Lupus answers  
all the  
important  
questions one  
might have and

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offers practical  
coping

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strategies to

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help those with

lupus live their

lives to the

fullest. Dr.

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his expertise in

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aspects of  
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problems to  
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challenging due  
to the number of  
areas of the  
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affected by the  
disease. People



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and Even Indoor  
Fluorescent Light  
ting-Photosensit  
ivity is common  
in lupus and can  
exasperate and  
even cause  
certain lupus  
conditions  
leading to a  
lupus flare.

Being sun-smart

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Lupus 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  
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avoiding the

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most intense  
times during the  
day between 10  
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can also give  
off these  
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Lupus Affect  
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These tips can also help your family adjust:  
Maintain a manageable schedule with time for breaks. Reassign household responsibilities as needed. Ask friends or extended family members to help

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when possible.  
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If you have  
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children, talk  
to them about  
your lupus and  
how it may  
affect life at  
home.

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what lupus is,  
and how it is  
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nonmedical pain-  
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