



Systemic Lupus Erythematosus (SLE)

SYSTEMIC LUPUS
ERYTHEMATOSUS

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▶ Diet Therapy for Systemic Lupus ◀ Erythematosus

If patients have lupus, experts believe an anti-inflammatory diet pattern may help cut back on flares. Patients can increase the intake of fruit, vegetables, whole grains, omega-3s, and healthful fats, and reduce their intake of pro-inflammatory foods such as those high in saturated fat, high-fat meats, processed foods, and excess sugar.

It's important during a lupus flare to make sure you're adequately nourished with plenty of calories and lean protein.

There are some key foods that are important for your diet.

- ▶ Fruits and vegetables
- ▶ Healthy fats and oils (The main sources for omega-3 PUFA are fish oil, olive oil, canola oil, flaxseed oil, fish (salmon, tuna, sardine, herring))
 - ▶ Low Calorie Foods
 - ▶ High calorie foods can cause weight gain and inflammation so it is important to make healthy choices.
 - ▶ Antioxidants
 - ▶ **High Calcium and Vitamin D Intake:**
Some medications for lupus deplete your body of calcium, so including calcium in your diet is essential. It can be found in foods like wild salmon, fortified soy milk, mushrooms, broccoli, kale, sardines, fortified milk.

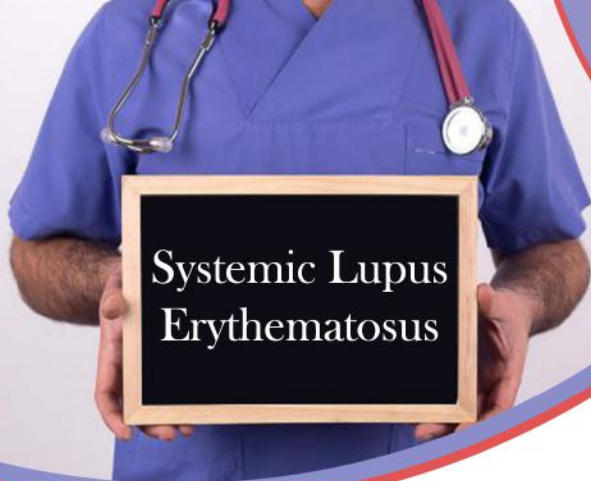
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Patients should avoid some foods:

- ▶ **Garlic:** Garlic contains three ingredients (allicin, ajoene, and thiosulfinate) that can amp up the immune system and cause an overactive response in people with lupus.
- ▶ Foods high in saturated fat, trans fat, and cholesterol.
- ▶ Red meats and high fat meats like liver, organ meats, and dark meats.
 - ▶ Alcoholic beverages, salty foods, sweetened beverages, candy, snacks, sweets, and alfalfa sprouts.
 - ▶ Simple carbohydrates and refined carbohydrates.
- ▶ Nightshade vegetables such as tomatoes, eggplant and peppers.

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Systemic Lupus Erythematosus



▶ Systemic Lupus Erythematosus Definition ◀

It is an autoimmune disease which the immune system mistakenly attacks healthy tissue. SLE is the most common type of lupus erythematosus.

- ▶ Kidney problems
- ▶ Nervous system problems
- ▶ Gastrointestinal tract problems
- ▶ Lymph node and spleen problems

▶ Systemic Lupus Erythematosus Diagnosis ◀

SLE should be suspected in patients, particularly young women, with any of the symptoms.



Laboratory testing differentiates SLE from other connective tissue disorders. Routine testing should include the following:

- ▶ Urinalysis

- ▶ Antinuclear antibodies (ANA) and anti-double-stranded (ds) DNA (anti-dsDNA)
- ▶ Complete blood count (CBC)
- ▶ Chemistry profile including renal and liver enzymes

▶ Systemic Lupus Erythematosus Treatment ◀

Treatment for lupus depends on symptoms and how severe they are. Treatment can help:

- ▶ Ease symptoms
- ▶ Bring down inflammation
- ▶ Prevent organ damage and other health problems

Systemic Lupus Erythematosus

▶ Systemic Lupus Erythematosus Symptoms ◀

Vascular headaches, epilepsy, or psychoses may be initial findings. Everyone with SLE has joint pain and swelling at some time. This condition can affect joints of the fingers, hands, wrists, and knees. Manifestations referable to any organ system may appear.

- ▶ Joint problems
- ▶ Skin and mucous membrane problems
- ▶ Lung problems
- ▶ Heart problems

