

10 May

WORLD LUPUS DAY



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | IAU . AMC

مستشفى الملك فهد الجامعي
King Fahd University Hospital

اليوم العالمي للذئبة الحمراء



وحدة التوعية الصحية
HEALTH AWARENESS UNIT

10 May



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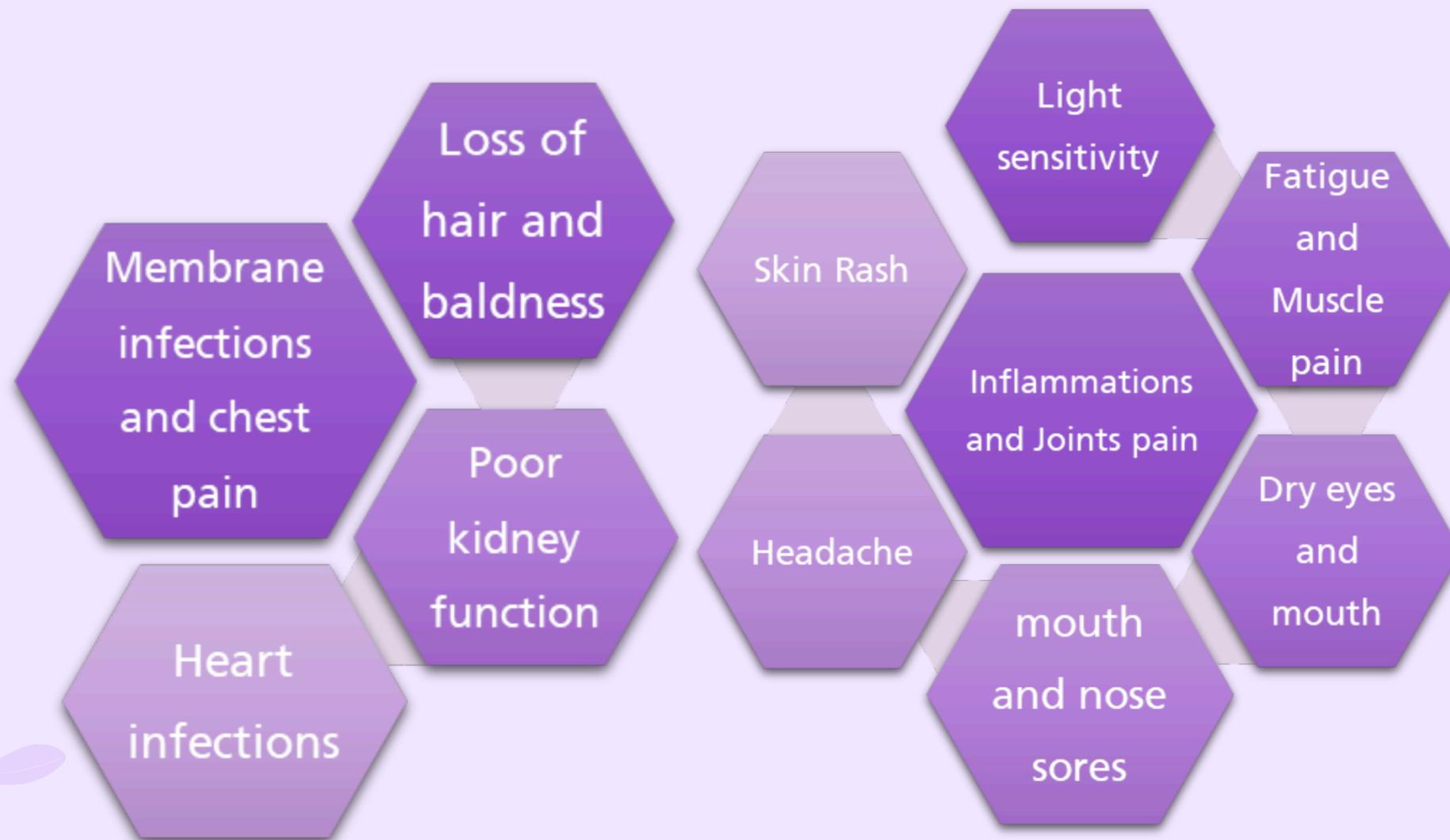
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What is lupus ?

An autoimmune disease that mostly affects women of childbearing age, it can affect all organs in the body. Early diagnosis and treatment are crucial to avoid severe complications, most notably .kidney disease

What are the symptoms of lupus ?



What are the general tips for Lupus patients?



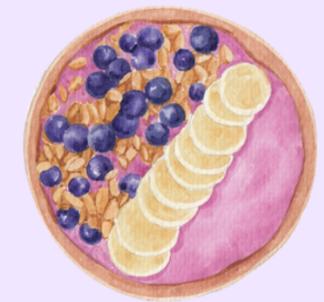
Get enough sleep and rest



Quit Smoking



physical activity



Eat a healthy and balanced diet



Avoid sun exposure



Use sunscreen with SPF 50