

ABOUT THE FOUNDATION

Beyond The Flare Health and Empowerment Foundation is a registered non-profit organization committed to raising awareness about lupus, supporting lupus warriors, and empowering communities with knowledge and compassion.

Our Mission

A world where lupus warriors live with dignity, understanding and support.

Our Vision

To raise awareness, empower lupus warriors and build compassionate communities through advocacy, education and mentorship.

Our key focus areas includes:

- Health awareness campaigns
- School and community outreach
- Mentorship for young lupus warriors
- Advocacy for improved healthcare support.



**Beyond
The Flare**
HEALTH AND
EMPOWERMENT
FOUNDATION

Disclaimer

This mini guide is for educational and awareness purposes only. It is not medical advice. If you suspect lupus or notice symptoms, please consult a qualified healthcare provider.

Resources & References

For more information about lupus, visit:

- Lupus Foundation of America – www.lupus.org
- Mayo Clinic – www.mayoclinic.org
- World Lupus Federation – www.worldlupusfederation.org
- Centers for Disease Control and Prevention (CDC) – <https://www.cdc.gov/lupus/>
- Beyond the Flare Health & Empowerment Foundation – www.beyondtheflarefoundation.org

Get in touch

For partnerships, collaborations, or more information, contact: :
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Support us

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BEYOND THE FLARE HEALTH AND
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 [beyond.theflare](https://www.instagram.com/beyond.theflare)   *Beyond The Flare Health and Empowerment Foundation*

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UNDERSTANDING “LUPUS”

A mini awareness guide

by

***Beyond The Flare Health And
Empowerment Foundation***



*Spreading knowledge, reducing stigma, and
supporting lupus warriors worldwide*

Living With lupus

Those living with lupus need:

- Emotional support
- Family and friends support
- Self-compassion



The role of communities



- Raise awareness to reduce stigma.
- Provide emotional and practical support.
- Advocate for better healthcare access and policies.
- Educate schools, workplaces, and community groups.
- Share accurate information in hospitals, shops, and public spaces.
- Show empathy and understanding toward people living with lupus.
- Encourage routine medical check-ups.
- Support lupus organizations and foundations.

Red flags

Seek emergency care if you have:

- Difficulty breathing or chest pain
- Severe headache, confusion, or seizures
- Sudden swelling of the face, legs, or whole body
- A sudden drop in urine output



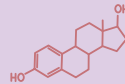
Final note



Lupus may be invisible, but support should not be. When we learn, share, and show compassion, we lift lupus warriors and help break the stigma. Awareness empowers people to live, thrive and shine beyond the battles.

What causes lupus?

The exact cause is unknown, but it may involve:



Hormones
(Estrogen)



Genetics
(family history)



Age
(Mostly women aged 15-45)



Race/ethnicity
(higher in Africans, African-Americans, Hispanics and Asians)

How is lupus diagnosed?



blood test



urinalysis



tissue biopsy



imaging



No single test confirms lupus. Diagnosis is a combination of tests and medical judgement.

Treatment and Self-care

There is no cure, but lupus can be managed with medications like:

- Corticosteroids
- Immunosuppressant
- Anti inflammatory
- Anti malaria drugs (e.g hydroxychloroquine)

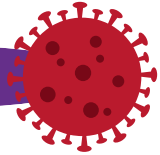


Lupus management also includes:

- Regular medical check-ups
- Avoiding stress & Overexertion
- Adequate sleep & rest
- Healthy diet & proper hydration
- Avoiding smoking & limit alcohol
- Sun protection (SPF, protective clothings)
- Taking medications consistently as prescribed.



Lupus?



- Lupus is a chronic autoimmune disease where the immune system attacks healthy tissues instead of protecting the body.
- It is not contagious and often occurs in cycles called Flares (when symptoms worsen) and remission (when symptoms improve).
- Lupus can affect the skin, joints, kidneys, brain, heart, blood, and other organs, sometimes leading to organ damage.
- Despite affecting millions, lupus remains misunderstood, causing delayed diagnosis, complications, and stigma.

Common symptoms of lupus?

