The mission of LANtern (Lupus Asian Network) is to support, empower, and enhance the quality of life of Asian-Americans with lupus and their families through our bilingual peer health education program. Our goal is to create and expand networks of hope and understanding, which will provide enlightenment concerning this complex illness.

Call LANtern at 866.505.2253 toll free.
www.hss.edu/lantern

Hospital for Special Surgery’s LANtern Program, made possible through funding by Rheuminations, Inc., reaches out to the communities we seek to serve in cooperation with the following organizations: The S.L.E. Lupus Foundation, Charles B. Wang Community Health Center, Chinese Community Partnership for Health at New York Downtown Hospital, Hospital for Joint Diseases, and the Center for the Study of Asian American Health at NYU Langone Medical Center.
Talking about lupus is not always easy. Lupus can be hard to understand even for someone living with the illness for many years. It is important to learn about lupus and find the right support. This can be stressful if you’re not used to sharing your feelings or talking about your health.

What are some things I should know about lupus?

• How has lupus affected my body?
• Is my lupus active?
• What medicines do I need and what are the side-effects?
• What do I need to know about pregnancy?
• What else can I do to stay healthy?

Your doctor should be working with you closely to make sure your lupus is being treated in the best possible way.

How can I talk to my doctor about lupus?

Don’t be afraid to ask questions. If you don’t ask, your doctor may not know your concerns. Bring a list of prepared questions. Ask about results from your blood tests. Keep a record of your symptoms. Share anything different that you noticed and how the medicines affect you. You may need to see more than one doctor for specialized care.

What if I don’t understand my doctor?

Don’t be afraid to tell your doctor that you do not understand. Ask for an interpreter if language difficulties are a concern. Bring a friend or family member with you.

Sometimes people are afraid to seek help. Having a chronic illness is a very personal issue. You may feel embarrassed or ashamed to talk about your lupus. However, finding ways to support your emotional well-being is just as important to your health.

How will lupus affect my family and friends?

On some days, even if you look okay, you may not be able to go to work or do your normal routine. If this is seen as being “lazy,” kindly inform your family & friends that you aren’t feeling well and you need to rest. Some medicines, like steroids, may change how you look and affect your mood. Ask friends and family to be patient. You may get many suggestions for remedies or cures. Remember that each person’s lupus is different and what works for one may not work for another.

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