

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.**

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 School of Medicine.

紅斑狼瘡之曙光（亞裔紅斑狼瘡關懷網絡）的使命是透過我們的雙語病友教育計劃，來支援、加強和改善患有紅斑狼瘡的美國亞裔人及其家庭的生活品質。我們的目標是組織一些社會團體及醫療機構，以便建立一個協作網，通過雙語服務，加強患者及其家人對這一複雜疾病以及相關問題的理解，希望更有效地對付這種疾病。

 **請致電紅斑狼瘡之曙光：866.505.2253**
(免費電話)

由 Hospital for Special Surgery（特殊外科醫院）成立的紅斑狼瘡之曙光計劃得以在各社區實行，全賴 Rheuminations, Inc. 公司的慷慨贊助，以及下列機構的精誠合作：S.L.E. 紅斑性狼瘡基金會，王嘉廉社區醫療中心，紐約下城醫院（福安康寧）華人社區保健計劃，Hospital for Joint Diseases，紐約大學醫學院美國亞裔健康研究中心。

535 East 70th Street
New York, New York 10021
212.606.1000
www.hss.edu

Hospital for Special Surgery is
an affiliate of NewYork-Presbyterian
Healthcare System and Weill
Medical College of Cornell University.

HOSPITAL
FOR
**SPECIAL
SURGERY**



LANtern

Lupus Asian Network

紅斑狼瘡之曙光

亞裔紅斑狼瘡關懷網絡

Lupus: Myths & Facts

紅斑狼瘡：傳說與事實



What is lupus?

Lupus is an illness where the body attacks itself. Lupus is chronic, meaning it does not go away. Lupus affects both men and women, but mostly women. There is no cure for lupus, but effective treatments can control symptoms and prevent serious complications.

Is lupus common?

Almost 2 million Americans have lupus. Asians are affected by lupus 2-3 times more often than Caucasians.

Is lupus serious?

Lupus affects each person differently. It can be mild or serious. Lupus can be life-threatening if major organ systems are involved. With proper treatment, someone with lupus can lead a long and normal life.

Is lupus contagious?

Lupus is not contagious. You cannot catch lupus or pass on lupus to anyone else.

Is lupus a skin disease?

Lupus can affect the skin, as well as many other parts of the body, including the joints, blood, heart, lungs, and kidneys. Simply having a rash does not mean you have lupus.

What causes lupus?

There is no single cause of lupus. Genetics and environment may both play a role. Nothing you do can cause you to have lupus.

What are the symptoms of lupus?

Every person with lupus has different symptoms that may come and go. Common symptoms include joint pain, unusual fatigue, a butterfly-shaped rash on the face, and unexplained fevers. You may look OK, but only your doctor can determine if you have lupus and if the disease is active (called a flare).

How is lupus treated?

Western medicine can help control your lupus flares. Visiting a rheumatologist (a doctor who specializes in lupus) regularly is important.



Call LANtern at 866.505.2253 toll free.

什麼是紅斑狼瘡？

紅斑狼瘡是一種身體攻擊自身的疾病，它是一種慢性病，也就是說它不會消失。無論男女都可能罹患此病，但以女性居多。紅斑狼瘡無法治癒，然而，有效的治療可控制病情發展，防止出現嚴重的併發症。

紅斑狼瘡常見嗎？

約有兩百萬美國人患有紅斑狼瘡，但得此病的亞裔人比白人多兩到三倍。

紅斑狼瘡嚴重嗎？

紅斑狼瘡的嚴重程度因人而異，從中度到重度不等。如果身體的主要器官受到傷害，紅斑狼瘡會危及生命。透過適當治療，有些紅斑狼瘡患者可以過正常生活，而且有較長壽命。

紅斑狼瘡會傳染嗎？

紅斑狼瘡不會傳染，您不會從別人那裡感染此病，也不會將此病傳染給別人。

紅斑狼瘡是皮膚病嗎？

紅斑狼瘡可以侵害皮膚，同時也會侵害身體的許多其他部位，包括關節、血液、心臟、肺部和腎臟。只是出皮疹並不說明患有紅斑狼瘡。

紅斑狼瘡是怎樣造成的？

紅斑狼瘡並非由單一原因造成，遺傳和環境因素均可能造成紅斑狼瘡，沒什麼原因也有可能患上紅斑狼瘡。

紅斑狼瘡有何症狀？

紅斑狼瘡的症狀因人而異，而且症狀時有時無。較為普遍的症狀包括關節痛、特別疲勞、面部起蝴蝶狀紅斑及無法解釋的發燒。您可能看起來沒什麼病，但只有醫生能判斷您是否患有紅斑狼瘡及是否處於活動期（稱為發作）。

如何治療紅斑狼瘡？

西藥有助於控制紅斑狼瘡發作，重要的是要定期看風濕病醫生（即紅斑狼瘡專科醫生）。



請致電紅斑狼瘡之曙光：866.505.2253
(免費電話)