

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。

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LANtern

Lupus Asian Network

紅斑狼瘡之曙光

亞裔紅斑狼瘡關懷網絡

Talking About Lupus 紅斑狼瘡漫談



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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紅斑狼瘡這種疾病並非三言兩語就能說得清楚，甚至罹患此病多年的人也對其難以理解。但瞭解紅斑狼瘡和尋求正確的支援卻非常重要。如果您不習慣與他人分享您的感受，或向他人談談您的健康問題，您或許會倍感沮喪。

關於紅斑狼瘡我應瞭解哪些？

- 紅斑狼瘡是如何侵害我的身體的？
- 我是否處於紅斑狼瘡活動期？
- 我需服用什麼藥物？有什麼副作用？
- 關於懷孕我需瞭解哪些？
- 為保持健康，我還可以做些什麼？

醫生會與您密切合作，確保以最佳方式治療您的紅斑狼瘡。

我如何向醫生討論紅斑狼瘡？

請勿害怕提問題。如果您不問，醫生就不會知道您關心什麼問題。看醫生時請帶上預先準備好的問題清單。詢問您的血液查檢結果，記錄您的症狀，並與醫生討論您注意到的不同點，以及藥物對您的作用和影響。您可能需要看多位專科醫生。

如果我不懂醫生說什麼怎麼辦？

不要害怕告訴醫生您不懂。如果是因為語言不通，可以要求請一位翻譯員。看醫生時請帶上朋友或家人。

有時人們怕找別人幫忙。患有慢性病是非常私人的問題，您可能羞於與別人討論您患有紅斑狼瘡。然而，尋找一條有助於您心理健康的途徑正是確保身體健康所必需的。

紅斑狼瘡對我的家庭和 friend 有何影響？

有時，即使您看起來正常，您或許也不能去工作或過正常生活。如果這讓人看起來您“很懶”。因此，請最好告訴您的家人和朋友您身體不好需要休息。有些藥物，例如類固醇，可能會改變您的外表和影響您的情緒。請讓您的朋友和家人耐心些。您可能得到許多有關藥物或治療的建議。請記住，每個人所患的紅斑狼瘡各有不同，對某個人有效的治療方法不一定對另一個人有效。



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