

# Sunday Morning Health Corner

## Lupus Awareness Month

**Lupus occurs when** your body's immune system attacks your tissues and organs (autoimmune disease).

**Lupus strikes three** times more Black women than other groups. But early diagnosis and management can reduce the risk of complications.

**It is common** for Lupus symptoms to come and go. This is known as a “flare up.” Symptoms of lupus can include:

- Rash on the face
- Water retention (unexplained bloating in various parts of the body)
- Fatigue
- Joint pain
- Shortness of breath
- Chest pain

**If you are** diagnosed with Lupus, be sure to follow a healthy lifestyle that includes:

- Maintaining a healthy diet
- Exercising regularly
- Avoiding excessive sun exposure

Listen to our podcast about Lupus.  
Learn more at [blackdoctor.com](http://blackdoctor.com)



THE  
BALM  
IN  
GILEAD  
INC.

[balmingilead.org](http://balmingilead.org)