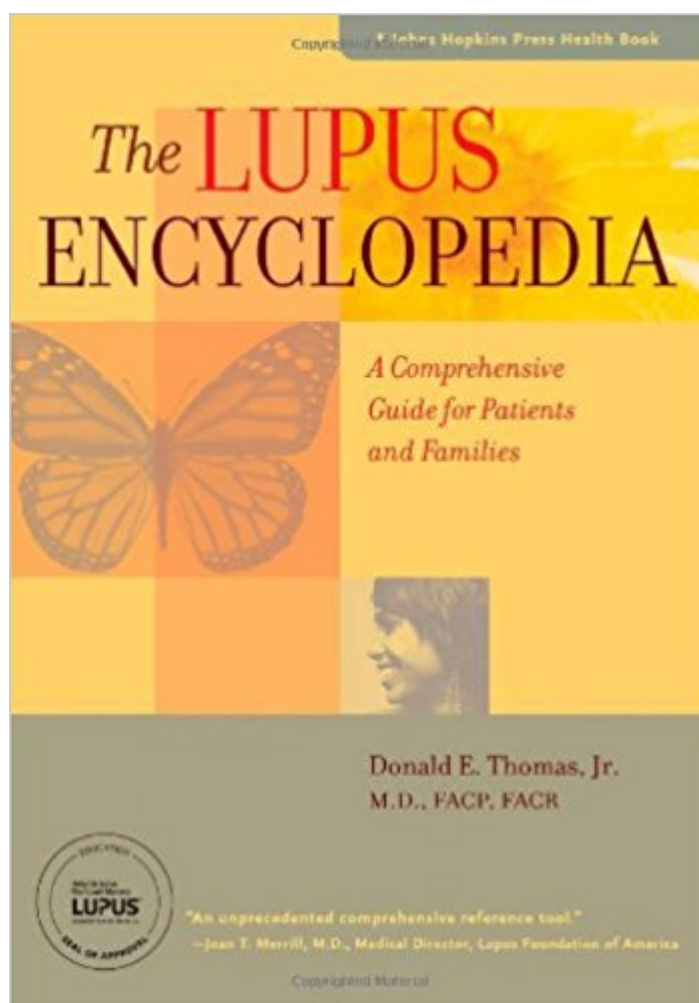


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# The Lupus Encyclopedia: A Comprehensive Guide For Patients And Families (A Johns Hopkins Press Health Book)



## Synopsis

Systemic lupus erythematosus is an autoimmune disease that can affect any system and organ in the body. For the 1.4 million people in the United States who have lupus, an overactive immune system senses that different parts of the body do not belong, and it attacks these parts. The immune system may strike the cells that line the joints or tendons, for example, causing pain and swelling. An incredibly complex disease, lupus must be properly treated for the optimal health and well-being of the person who has it. The Lupus Encyclopedia is an authoritative compendium that provides detailed explanations of every body system potentially affected by the disease, along with practical advice about coping. People with lupus, their loved ones, caregivers, and medical professionals—all will find here an invaluable resource. Illustrated with photographs, diagrams, and tables, The Lupus Encyclopedia explains symptoms, diagnostic methods, medications and their potential side effects, and when to seek medical attention. Dr. Donald Thomas provides information for women who wish to become pregnant and advises readers about working with a disability, complementary and alternative medicine, infections, cancer, and a host of other topics.

## Book Information

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## Customer Reviews

"A wealth of detail on the many ways lupus affects the human body, the various related treatment options, a range of patient resources for support, and more... a caring, comprehensive guide to

understanding and coping with lupus." (Library Journal)" The Lupus Encyclopedia is [a] carefully-researched, easily-understood and comprehensive book. It is, as it claims, an ENCYCLOPEDIA... If you [could have] only one book in your library about lupus, The Lupus Encyclopedia might well be it." (The Lupus Guru)"There is great depth and much to learn from reading and referring to this important book... This book should stand the test of time as one of the great books about this complex auto-immune disease." (Lupus, the Adventure Between the Lines)"I highly recommend The Lupus Encyclopedia. It's an amazing source of information, and I feel empowered by the fact that I have a reliable resource to turn to whenever I need it. No matter what your symptoms are or the level of severity, you owe it to yourself to get this book." (Lupine Life)"The Lupus Encyclopedia is a book that that every lupus patient should have in their home library. It's the most comprehensive lupus book out there, and is a valuable resource for anyone searching for a detailed and in-depth explanation of this complicated and mysterious disease." (Sara Gorman Despite Lupus)"This is a highly readable medical text... This encyclopedia would be useful for public libraries, medical libraries, or academic libraries." (Amy B. Parsons American Reference Books Annual)"... packed with facts, advice and encouragement..." (The Nursing Times)"This title strikes a pitch perfect balance: on one side, there is information of value to those suffering from or caring for the condition, on the other, data suitable for clinicians seeking a better general understanding of the condition. This volume represents outstanding value for money and would be a useful addition to medical, healthcare and personal bookshelves." (Reference Reviews)"We can't imagine a more thorough, readable guide to lupus than this." (Pain-Free Living)"People who have lupus and their primary care doctors will find in this book all the information they need." (from the Foreword by George C. Tsokos, M.D., Harvard Medical School)"Finally, an expert clinician who can explain a complicated medical condition using simple conversational English without glossing over important details or talking down to the reader. The information will be clear to anyone with a high school education and will also be helpful for medical professionals. I will be recommending this book to my patients with lupus and to anyone who wants to understand this illness better." (Joan T. Merrill, M.D., Head, Clinical Pharmacology Research Program, Oklahoma Medical Research Foundation, and Medical Director, Lupus Foundation of America)"An extremely thorough and readable volume reflecting enormous amounts of time, effort, and research." (Daniel J. Wallace MD FACP, FACR, Cedars-Sinai Medical Center, author of The Lupus Book: A Guide for Patients and Their Families)

Donald E. Thomas, Jr., M.D., FACP, FACR, is an assistant professor of medicine at the Uniformed Services University of the Health Sciences and teaches rheumatology at the Walter Reed National

Military Medical Center. He is a practicing physician and currently serves as a member of the Medical-Scientific Advisory Council of the Lupus Foundation, DC/MD/VA chapter.

I have read just about every Lupus book out there--from memoir to treatise, from books aimed at neophytes to those targeted at the experienced patient. At this point I could probably write one of my own. But I keep reading rather compulsively, hoping to learn something new that will prove helpful. Usually this task proves rather Sisyphean. But I struck gold when I read this book, far and away the most lucid treatment of the disease I have ever read. Anyone who has Lupus should read it, highlighting it as I did on my Kindle. Anyone who cares for, lives with, or loves someone with Lupus should read it. And (unlike other Lupus books) anyone who treats Lupus patients--as a physician or nurse--should also read it. It is jam-packed with tons and tons of very helpful advice and medical information. However, if you do not have any biology background (as I do) you may find certain portions of the book a bit hard to understand. Just skip them. They are not important anyway. The advice sections, which are extensive beyond belief, do not require any knowledge of science and are very clearly written. I do like that Dr. Thomas has not watered down his book as other physicians do, and that he assumes that Lupus patients can choose to read those sections or not. I hope he realizes that by writing this volume, he will empower the Lupus community (which is huge). Armed with an extraordinary amount of his medical advice--some of it granular and some, not--patients can go to their physicians to ask for critical lab tests and game changing medications. Many Lupus patients are not fortunate enough to have access to quality medical care, for one reason or another. This book may further propel them to be their own medical advocates, and substantially improve their health. It is a must-read.

Fabulous book. Very informative, but still readable. Author explains very complex medical information in understandable ways. Lupus is a very illusive, and misunderstood disease, even by most doctors. My wife was finally diagnosed properly 12 years ago, and has received excellent care from a rheumatology specialist who has greatly improved the quality of her life. Unfortunately, she went for another 15 years to doctors who did not recognize her symptoms, and diagnosed her with pretty much everything but Lupus. I wish we would have had a resource like this back then. Become informed, and seek out specialists who understand Lupus and are up to date on state of the art treatments. After reading this book you will know more about Lupus than most of the doctors you see. We had two different doctors tell my wife that she was just depressed, and needed to get out in the sun more - Well, with Lupus, that is the worst thing you can do. Bottom line, educate yourself,

and shop wisely for medical care, and this disease can be successfully managed.

AWESOME, AWESOME BOOK!!! My husband and I each have our own bookmarks init as he reads anything that I put in front of him that has to do with my illnesses, medicines and treatments...I am straddling @ 35 meds/day and 10 auto-immune disorders. I also just ordered this book today for my Parents. EVERYONE with Lupus or any of the other many associated auto immune diseases / disorders should have to read and use as a reference. I brought into my Rheumatologist's when I went in for my Rituxan treatment. They LOVED it and were going to order 1 or 2 to have onsite for patients to use / read while they where there getting any of their numerous treatments. Also, this book is VERY inexpensive for being a 900 page book...unbelievable! I pre-ordered mine in February 2014 and finally received in June 2014...WELL WORTH THE WAIT!!!!

I was recently diagnosed with lupus. I had read many books and research papers before getting to The Lupus Encyclopedia. It is my number one 'go-to' resource for my disease. Dr. Thomas has put together a clear, but not dumbed down, resource about lupus and what you need to do to manage it as well as communicate well with your health team. He is up to date with the most current information about treatments and recent new understandings about how the disease works. It's great having it all in one place. I would recommend this book to any one who has the disease or has a loved one with it. Lupus takes a lot of management and understanding the trade off of the decisions you have to make. This is the only book that has actually helped me become a better member of my health team.

It has a good basic overview, but Dr. talks in absolutes sometime. This makes it harder for patients that are not typical ie. Blood work. There is a lot of grey area with lupus as papers from the Cleveland clinic recently pointed out. Good general info , disability info was good.

I was recently diagnosed with lupus and have been trying to find detailed information about the condition as websites are too superficial at this point. This book is well-written and provides far more information that you can easily find online. It summarizes data in a way that is easy to understand for someone who does not have a medical degree. I will say that I jumped to the chapters relevant to me and my interests such as prognosis and other specific manifestations and honestly was so overwhelmed I've needed to take a break from reading it as it discusses all possible manifestations. It's a bit much for the newly diagnosed person to absorb. But I am very glad to have it and I am sure

I will look back to it in the future.

This book is the most comprehensive medical book for lay persons that I have ever seen. It may take me years to work my way through the book completely, but I will get through it! Luckily, it's very easy to find information related to any issue you may be having at the moment, so there is no need to read it cover to cover to get a lot out of it. I highly, highly recommend this book to anyone who has lupus or a related disease, or cares for someone who does.

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