

It is important for you to know the warning signs and symptoms of lupus. Complete this simple checklist to help you recognize the symptoms and risk factors for lupus. Answer each question in terms of your current and past health status. If you have had symptoms like these, especially if you have had several, talk to your doctor about lupus. The checklist is only meant to help you recognize the signs and symptoms of lupus, and as a guide for you and your doctor to discuss your possible risk for developing lupus.

Signs and Symptoms of Lupus

For each symptom listed, write "yes" next to the ones you have experienced in the past, or are currently experiencing. If you are unsure, write "don't know."

1. Achy, painful and/or swollen joints for more than three months:
2. Fingers and/or toes become red or blue, or feel numb or painful:
3. Sores in your mouth or nose that lasted more than five days, or sores on your skin that would not heal:
4. Anemia, a low white blood cell count, or a low platelet count:
5. Redness or rash in the shape of a butterfly across your nose and cheeks:
6. A fever over 100° F for more than a few days:
7. Photosensitivity, a reaction to sun or light that causes a skin rash to appear or get worse:
8. Chest pain while taking deep breaths:
9. Protein in your urine, or swelling in your legs and ankles on both sides at the same time:
10. Persistent, extreme fatigue and weakness for days or weeks at a time, even after plenty of sleep:
11. Seizure or unexplained confusion that last for more than an hour:
12. Blood clot(s):
13. Heart attack or stroke:
14. Miscarriage(s):
15. Sudden, unexplained hair loss:

Risk Factors for Lupus

Gender, ethnicity, age, and family medical history may all contribute to your risk of lupus. Nine out of 10 people who develop lupus are women, and most women develop lupus between the ages of 15 and 44. Hispanic, Asian, Native American and African American women are also two to three times more likely to develop lupus than Caucasian women.

1. What is your current age?
2. Ethnicity:
3. Gender:
4. Does your family have a history of autoimmune disorders such as rheumatoid arthritis, Sjögren's syndrome, type 1 diabetes, Raynaud's phenomenon, scleroderma, mixed connective tissue disease, multiple sclerosis (MS), or over- or under-active thyroid?

For more information, please visit www.lupus.org.