

World Lupus Day 2015



Tame your wolf - tame your lupus

Six steps to better disease control

- See your specialist regularly
- Be actively involved (patient-doctor partnership)
- Stay informed
- Take treatment as prescribed
- Join your local/national patient organisation
- Live life to the full!

Leslie Dugan

Tame your wolf – tame your lupus

Change of career, pain and fatigue are the main difficulties associated with lupus, as experienced by people with lupus.¹

With the Tame your Lupus Campaign, LUPUS EUROPE aims to bring attention to lupus and also hopes that people, through improved understanding, will be better able to self-manage their disease and prevent lupus flares.

In 2014, LUPUS EUROPE arranged meetings, workshops, and a patient panel, where 10 people with lupus were invited to discuss all aspects of treatment. The panel shared six steps to better control lupus with fellow lupus people:

- See your specialist regularly. Be sure to see a lupus specialist. Lupus is a complex disease, which varies hugely from one person to another. Experience is key.
- Be actively involved (doctor-patient partnership). You shouldn't be a passive participant; instead you and your medical team should work together and take decisions together.
- Stay informed. Make sure your information comes from reliable sources, the Internet can provide lots of information but it can also be a dangerous place.
- Take your treatment as prescribed. Don't interrupt your treatment: it is important for disease control and quality of life. Even if you don't feel sick, your lupus is still there. Understand what medication is for and how it works. Correct adherence to treatment is key to successful management.
- Join your local/national patient organisation. They will supply you with important contacts, information, and good advice.
- Live life to the full! Lupus is not the only thing in your life. Make sure to follow your dreams and projects.

While lupus may bring limitations, there are so many things that remain possible.

The wolf won't go away any time soon; more research is still needed to understand how to fully manage lupus, but following the above recommendations and learning new tools from your national lupus organisation or your doctors can help you become a great 'Wolf Tamer'.

LUPUS EUROPE

LUPUS EUROPE exists since 1989, and today has national lupus group members from 22 countries in Europe: Belgium, Cyprus, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Israel, Italy, The Netherlands, Norway, Portugal, Romania, Slovenia, Spain, Sweden, Switzerland, and The United Kingdom.

LUPUS EUROPE is managed by a **Board of Trustees**, co-opting special capacities as needed (web design and programming, research and medical matters) and working with a **Medical Advisory Panel** of six European lupologists who assist in projects and consult on relevant issues of lupus in Europe.

¹ C. Gordon et al, *Rheumatology*, 2013

"The substantial burden of systemic lupus erythematosus on the productivity and careers of patients: a European patient-driven online survey"

The designer

We were delighted that Leslie Quagraine accepted to produce the artwork for our campaign. Leslie, a freelance professional illustrator, was born in London but is a long-time resident of Finland and is living with lupus.

Here is what Leslie has to say about his concept of this project:

"The two symbols associated with lupus, Latin for wolf, are the wolf and the butterfly. Although the rash across many a lupus sufferer's face is an unwanted symptom, its butterfly shape has become a symbol associated with the care of the disease.

The young woman in the poster is determined to control her lupus/wolf, with the support of a squadron of butterflies. The variety of butterflies indicates that symptoms and treatments differ from patient to patient."

Please use the QR code to learn more about the campaign:



For more of Leslie's work: <http://www.mindartdesign.com>

For more information about lupus Europe: www.lupus-europe.org