



An Interview on Lupus

given to www.ntfactor.com

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LUPUS



Q1. What is lupus?

Dr. Nicolson's Response:

Lupus (or SLE, systemic lupus erythematosus) is a systemic or system-wide autoimmune disease that can affect any part of the body. In lupus the immune system attacks the body's cells and tissue, resulting in inflammation and tissue damage. Like many autoimmune diseases, lupus affects females more than males (as high as 9:1 ratios of female-to-male patients).

Q2. What are the organs and tissues most affected by lupus and what symptoms are most often found in lupus?

Dr. Nicolson's response:

The signs and symptoms most often found in lupus depend on which organs and tissues are affected and how seriously they are affected. Examples of affected tissues and organs are the skin, kidneys, heart, lungs, blood or nervous system. Some of the most commonly found signs/symptoms of lupus or SLE are as follows:

- A. **Fatigue.** Nearly all people with lupus have fatigue and malaise and an inability to engage in daily activities and exercise. Increased fatigue is usually a classic symptom that the disease is about to cause a symptom flare.

- B. **Skin Problems.** Most patients with lupus develop skin rashes, and these are often an important clue to the diagnosis of lupus. The classic rash is a butterfly rash over the cheeks and bridge of the nose, but other skin conditions are also common, such as skin sores, flaky red spots on the arms, face, neck, mouth, lips, back or hands or raised purple rashes on the face, neck, ears, arms and chest.

- C. **Joint and Muscle Pain.** Most patients will have joint pain or arthritis at some time during the disease process, and often this will be the first sign of the disease. This can occur in both sides of the body at the same time and involve the wrists, hands, elbows, knees or ankles.

- D. **Nervous System Symptoms.** The majority of patients will develop central nervous system symptoms, in particular, headaches, depression, anxiety, mood disorders and sometimes memory loss, psychosis and seizures.

- E. **Photosensitivity.** Most patients will show sensitivity to sunlight with worsening of skin rashes and even cause lupus flares.

- F. **Fevers.** Most patients will sometimes have low-grade fevers.

- G. **Heart Problems.** Lupus patients can develop inflammation of heart tissues (pericarditis, myocarditis or endocarditis).

- H. **Hair Loss.** Some lupus patients show hair loss.

- I. **Swollen Glands and Tissues.** Lupus patients can have swollen glands and swelling of the hands and feet. Also, inflammation of the blood vessels in the skin (cutaneous vasculitis) can result in bleeding of small blood vessels and blue spots and numbness or tingling feelings.

- J. **Anemia.** Many lupus patients show reductions in red blood cells resulting in anemia.

Q3. What are the primary health issues associated with lupus?

Dr. Nicolson's Response:

In addition to the signs/symptoms listed above most lupus patients show reduced daily activity due to fatigue, joint pain and other problems. In addition, the medications that are routinely used to treat lupus have their own side effects. The medications used most often are immunosuppressants that depress the immune system. In severe cases, kidney, lung and heart problems can cause complications.

Q4. Is lupus contractable?

Dr. Nicolson's Response:

Researchers have found that environmental factors (silica, pesticides, etc.) and infections (bacteria and viruses) are often linked to lupus, but no one environmental factor or infection has been consistently linked to the disease. For example, women with silicone breast implants are at higher risk for lupus, and various infections are commonly found in lupus patients. We have studied the incidence of intracellular bacterial infections in lupus and have found that about one-half of lupus patients have systemic Mycoplasma infections. Such infections could result in autoimmune responses found in lupus. In addition, there are over 400 medications that can cause drug-induced lupus-like conditions. However, these are generally reversible when the drug is stopped.

Q5. Is there a cure for lupus? If not, what are the normal treatment protocols associated with the disease?

Dr. Nicolson's Response:

Although there is no cure for lupus, there are treatments that have been found to be effective in reducing signs and symptoms, preventing flares and reducing their severity and treating certain problems associated with lupus. The most common treatment used for lupus include immune suppressing drugs, such as steroidal and non-steroidal anti-inflammatory drugs and anti-rheumatic drugs. Other treatments have included antimalarials and antibiotics, analgesics (pain killers), intravenous immunoglobulins, among other treatments.

There are also treatments for certain symptoms. For example, we have suggested the use of NT Factor to treat fatigue, one of the most common symptoms reported in lupus. NT Factor also helps patients with skin lesions, hair loss and other problems by providing damaged cells with needed phospholipids for repair and cell membrane integrity.

Q6. Does lupus open the gate for other viruses and bacteria? How do we protect ourselves against that?

Dr. Nicolson's Response:

Lupus patients show irregular immune responses, especially autoimmune responses, and this could cause reduced immune surveillance against invading viruses and bacteria. To keep our immune systems active against such invaders, even while trying to suppress autoimmune responses, we must keep our innate immune system that searches for invading viruses and bacteria healthy. I also suggest that NT Factor could

be useful here as well.

About the Author:

Professor Garth L. Nicolson is the President, Chief Scientific Officer and Research Professor at the Institute for Molecular Medicine in Huntington Beach, California. He is an Emeritus Professor of Pathology and Laboratory Medicine. Professor Nicolson has published over 600 medical and scientific papers, edited 16 books, and served on the Editorial Boards of 30 medical and scientific journals and was the senior editor of four of these. Professor Nicolson has won many awards, such as the Burroughs Wellcome Medal of the Royal Society of Medicine (United Kingdom), Stephen Paget Award of the Metastasis Research Society, the U. S. National Cancer Institute Outstanding Investigator Award, and the Innovative Medicine Award of Canada. He is also a Colonel (Honorary) of the U. S. Army Special Forces and a U. S. Navy SEAL (Honorary) for his work on Armed Forces and veterans' illnesses.

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