



# The Lupus Book: A Guide for Patients and Their Families

*Daniel J. Wallace*

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The symptoms are puzzling, intermittent, and frequently seem unrelated: mysterious rashes, sore joints, fatigue, headaches. It can take years to properly diagnose, often leaving its victims suffering not only from the disease, but from the uncertainty about whether they have the disease and from the not-insignificant problem of finding a physician to treat them. The disease is lupus, which, simply put, is what happens to the body when it becomes allergic to itself. It is quite widespread and it is highly deadly, claiming the lives of thousands of patients yearly.

Now patients and their families can turn to The Lupus Book, a clear, reassuring guide that explains virtually every aspect of the disease. Written by Daniel J. Wallace, M.D., one of the world's leading experts on the subject, The Lupus Book is packed with useful, easy-to-understand information and practical guidance for the sufferer. Here the reader will discover clear descriptions of the symptoms that most commonly afflict victims of lupus, a helpful survey of all aspects of diagnosis--from why the disease is so difficult to recognize to the latest, most innovative tests--and background information on the cause of the disease, which researchers now believe is genetic in origin. Wallace shows how lupus may affect different organ systems in the body, including the brain, heart, and lungs; he offers well-informed advice on how patients can work with their doctors to take an active role in fighting the disease through exercise, diet, and medication; and perhaps most important, he answers the questions he is most often asked by his patients, including queries on prevention, cure, sun exposure, pregnancy, and many other concerns. Throughout the book, Wallace reveals a talent for communicating difficult concepts to the general reader as he illustrates his discussion with numerous anecdotes culled from his years of clinical experience (he has treated over one thousand lupus patients).

Nearly one million people suffer from lupus in the United States alone. More common than leukemia, multiple sclerosis, cystic fibrosis, and muscular dystrophy combined, lupus is a pervasive and little-understood condition. With The Lupus Book in hand, lupus sufferers as well as their families, friends, and physicians have a reliable guide that will answer their questions and help them to better manage their day-to-day fight against this debilitating disease.

## **The Lupus Book: A Guide for Patients and Their Families Details**

Date : Published December 21st 1995 by Oxford University Press, USA (first published 1995)

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## **From Reader Review The Lupus Book: A Guide for Patients and Their Families for online ebook**

### **Nicole says**

Well-written book about lupus. Written by a rheumatologist, this book simplifies medical jargon and answers many questions about the disease. This is not a boring book either. The doctor has a sense of humor and injects the chapters with experiences from people with the disease.

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### **Sheba Family says**

A must read for anyone with lupus and any friend or relative of a Lupie! It is an excellent book, easy to understand, well written and very informative. Absolutely essential to regaining control and understanding lupus.

The only reason I did not give it 5 stars is that it takes a conventional, biomedical approach. I believe this approach in combination with alternative treatments are most effective in treating Lupus. I encourage you to read this book first and as a priority, but then explore treatments not mentioned in the books (preferably that pertain to healing the gut in a permanent way). The latter is useful if you have moved past the life threatening stage of the illness and looking to reach optimal health (I.e reduce or eliminate the more mild symptoms of pain, fatigue, mental fog, low grade fevers...). The book is essential knowledge for any lupus diagnosis right from the start and is especially relevant to a more active state of the illness.

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### **Deana says**

Very informative, sometimes the medical terminology is a bit hard to understand, but still very helpful and readable for all.

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### **Lala says**

Very easy read for understanding lupus. I refer back to it regularly. Even booked a medical appt. with the author who practices in Los Angeles a few years back. Still a patient of his on a consult-basis and I consult with him and his nurses from time to time.

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### **Eliza T. Williamson says**

This is my bible in terms of dealing with SLE Lupus--it has answered all my questions in a simple, non-alarmist way. Clear, concise user-friendly information. An added bonus is a thorough discussion of the medications typically used to treat Lupus and their side effects.

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## **Reading Wolf says**

This is my go to guide for any questions I have about my disease. I find it to be an invaluable resource.

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## **Mary says**

This book is really geared towards medical people. I regularly read this type of information because there isn't much out there for lay people when it comes to Lupus. There is a lot of information that was also in the previous edition.

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## **Tina says**

Obviously this is a book with a limited audience, but if you have lupus, have a loved one with lupus, or for whatever reason have a particular interest in the disease, this is an incredibly informative text. For many this is the gold standard of lupus books (for the layperson, at least), and I can see why: Wallace goes into a lot of detail, and I learned tons of stuff that my internet searches hadn't revealed. Of course it's not a fun or light read, but 5 stars for being an excellent reference.

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## **Kathy says**

great for those who may have an autoimmune disorder. You'll gain a wealth of inside information that most Doctors so not discuss with you. It will validate what you have been going through and most importantly...why

I run a support group online at <http://www.LupusMCTD.com> for fellow patients. I hope you check us out. Live chats, "library" charts, resources and muchmore.

"We Understand What You Are Going Through!"

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## **Lea says**

Informative and now I can use it as a reference guide in the future

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## **christina says**

This is not a fun read; it actually falls in the horror genre in places. However, it is well-written, and anecdotes are interspersed with the technical medical discussion. This is by far the top lay resource on lupus. It has been almost 10 years since my diagnosis, but I still learned a lot from the book.

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### **Lisa Bilodeau says**

Very informative and thorough guide of a very complicated disease. In some places it seems very medical-jargon-y, but is very helpful overall. It gave me an excellent overview, helped me review the areas I currently have issues with and allowed me to prepare questions for my doctor team.

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### **Gina Lynette says**

While I wouldn't give lupus any stars, this is a pretty helpful book if you need to know about it.

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### **Lee says**

I'd just like to chime in to agree that this must be *the* definitive reference for lupus patients. Wallace explains the auto-immune response in understandable terms, and discusses how each physical system is involved in lupus, making this an accessible & indispensable guide particularly for the newly diagnosed or those wanting a deeper understanding of this disease.

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### **Jose Salgado-Wiggin says**

Very helpful for family and patients. It doesn't address the deepest mechanics of the illness in technical terms, the author prefers to establish a narrative that is easy to follow and that is packed with resourceful information that every lupus patient should have. It includes a discussion of the treatments, the medications and other considerations. It can be read by chapters, according to the immediate needs of the reader. I really like it, the doctor shares years of experience with hundreds of patients, that gives immense value to the book.

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