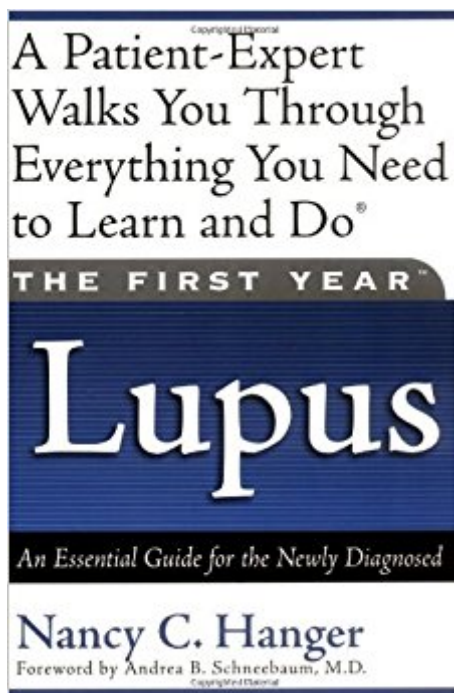


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The First Year--Lupus: An Essential Guide For The Newly Diagnosed



Synopsis

Lupus affects an estimated 1.5 million people in the U.S.; 90 percent of whom are women; but due to the diversity of its symptoms and severity, it remains one of the most difficult conditions to identify and diagnose. In the tradition of the other titles in the First Year series, *The First Year: Lupus* uses a unique approach; guiding readers through their first seven days following diagnosis, then the next three weeks of their first month, and finally the next eleven months of their first year; to provide answers and advice that will help everyone newly diagnosed with lupus come to terms with their condition and the lifestyle changes that accompany it. Starting with the day of diagnosis, Hanger provides vital information about the nature of lupus, choosing the right doctors, treatment options, coping mechanisms, holistic alternatives, and much more. *The First Year: Lupus* will be a supportive and educational resource for everyone who wants to take an active role in the management of their condition. Although Lupus is not preventable or curable, this illustrated book explains how symptoms can be treated through prescription medications and self-management strategies.

Book Information

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Customer Reviews

Includes special sections on coping with chronic fatigue, fibromyalgia, discoid and overlapping lupus, Sjögren's and Raynaud's syndromes, the lupus mask, sleep disorders, and

lupus and pregnancy

NANCY C. HANGER is a freelance writer and editor who was diagnosed with lupus in the early 1990s. She is the coauthor of *Essential Business Tactics for the Net* and a columnist for *BYTE.com* and *WIRED News*. Her freelance business, *Windhaven Press*, handles book editing and production for most of the major New York publishing houses. She lives in New Hampshire.

I am in my first year after I heard my doctor give me the diagnosis "Lupus". I was shocked because I knew the basics about auto-immune diseases. However, I was also feeling completely confused and helpless because I had no specific knowledge about "my" auto-immune disease, and about how it would be re-shaping my life as I knew it. This book was a tremendous help for me. It explains what happens/ can happen with your body; how to deal with flares, and how to start educating your family, friends, and people you work with. On a recent international flight I had to realize that most other people, in this case the entire flight crew, were just as clueless as I once was. It was actually quite scary...I highly recommend this book. It is very informative yet written by a very compassionate woman (and not only because she suffers from Lupus herself).

Wow this is one book that addresses most questions & some you never thought of. It is so easy to understand that I bought one for my daughter too. She too has Lupus. I bought both books used but in great condition. I highly recommend this for anyone newly diagnosed w/ Lupus!

While I have not been diagnosed with Lupus, although the doctors suspect something autoimmune is occurring, I found this book very helpful concerning how to live with a chronic illness. If indeed I am diagnosed with Lupus, I will have been glad to have read this book as it clearly explains how to live with this chronic illness that can affect so many body systems. I found particularly helpful the author's advice on how to manage and live with the malar (butterfly) rash. I've had this problem for sometime and reading her experience made me feel better as I knew I was not the only one who has had this happen. At least my rash occurred at home while her's occurred while attending a conference. Overall, this is a very helpful book that teaches about how Lupus affects different body systems; how to manage the symptoms and how to live with a chronic illness. Highly recommend.

This book is okay. There really isn't anything I could have learned from this book through days of researching the internet. It is a good compilation, though. I prefer the Lupus encyclopedia.

This book arrived in great condition & it really gave me an understanding of what I'm going through. When I went to the doctor I was not overwhelmed with what he told me. I recommend this book to anyone who has been diagnosed with lupus.

This is a very accurate account of what you can expect your first year with your diagnosis. Even if I miss a few days and I go back to reading this, it is right on target about your feelings and steps you should take. I find it to be very supportive and helpful with information on a very new subject for me. It is so overwhelming to have the diagnosis and several of my friends that have Lupus also have this book. This also lets you know medically what to expect and fills you in on the different scenarios. The author Nancy Hanger is extraordinary and I recommend this for anyone in the beginning of this auto-immune disease.

Great basic, general information on Lupus and related autoimmune diseases. But, it is very basic and is not written by a doctor. I would recommend this if you are newly diagnosed with Lupus. It gave me a good starting point for discussion with doctors and had some really good, helpful tips and lifestyle information. It's nice to know you aren't the only one.

Decent read, could be a little more clinical though.

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