



The First Year--Lupus: An Essential Guide for the Newly Diagnosed

Nancy C. Hanger

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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.

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