



IQ LUPUS NEWSLETTER

For the latest lupus news and information

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History of Lupus

Did you know that lupus was first documented by Hippocrates in the year 400 BC?

Fast forward to the classical era (years 1230-1856): During this timeframe a physician named Rogerius used the word 'lupus' (Latin for 'wolf') to describe erosive facial lesions that were reminiscent of a wolf's bite.

The "butterfly rash" was noted by von Hebra in 1846. The first published illustrations of lupus erythematosus were included in von Hebra's text, *Atlas of Skin Diseases*, published in 1856.

In the neoclassical period (1872-1948), a man named Kaposi first described the systemic nature of lupus. He also proposed that there were two forms of lupus: discoid and disseminated (systemic).

Lupus in the modern era (1948 - present): In 1948 scientists Hargraves and colleagues discovered the LE cell in the bone marrow of patients with disseminated lupus erythematosus. This was the beginning of looking into the immune system in the study of lupus.

Other important historical dates:

- 1950 Hench is awarded a Nobel Peace Prize for the therapeutic use of glucocorticoids (steroids) in inflammatory diseases
- 1956 First series about the use of hydroxychloroquine
- 1967 First use of methotrexate, azathioprine, and tacrolimus

2001	First use of rituximab (Rituxan)
2011	Approval of belimumab (Benlysta) by the FDA for treatment of lupus and in combination with other drugs to treat lupus nephritis
2021	Approval of anifrolumab (Saphnelo) by the FDA for moderate to severe lupus
2021	Approval of voclosporin (Lupkynis) by the FDA for treatment of active lupus nephritis

Hydroxychloroquine: The Important Role It Plays in the Treatment of Lupus

Hydroxychloroquine (HCQ) belongs to the family of medicines called “anti-malarials”, which are also classified as disease modifying anti-rheumatic drugs, or DMARDs. Hydroxychloroquine (HCQ) is a medication that was first developed to treat malaria, but was later found to effectively treat certain autoimmune diseases due to its ability to alter the body’s inflammatory response.

Most people with lupus take hydroxychloroquine throughout their lives. HCQ was approved by the Food and Drug Administration in 1955 for treatment of lupus as it showed to improve symptoms like fatigue, rashes, joint pain, and mouth sores.

Since then, HCQ has continued to be studied and clinical trials have proved the wide-ranging benefits of HCQ in lupus.

Benefits of HCQ in lupus include but are not limited to:

- Decrease in lupus flares with a high level of evidence
- Decrease in mortality by at least 50% with a high level of evidence
- Moderate evidence of protection against irreversible organ damage, thrombosis (blood clot formation) and bone mass loss
- Adjuvant therapy for lupus nephritis
- Safe and effective during pregnancy in lupus patients without harm to fetus
- Benefits shown in discoid lupus (skin disease)

How Safe Is Hydroxychloroquine?

Hydroxychloroquine is safe and generally well tolerated in lupus patients. Some people experience stomach upset especially when first taking the medication. This often improves over time. One of the most serious, but much less common, side effects is retinopathy, which is damage to the tissue in the back of the eye (retina) that can cause vision loss.

We strongly advise patients to have a yearly eye exam, as retinal changes can be detected early. Your doctor may not refill your HCQ if you have not had a recent eye exam.

Taking the medication at the dose your doctor recommends and yearly eye exams lower the risk of retinopathy.

How Should I Take Hydroxychloroquine?

Dosing for HCQ is available in 200 or 400 mg film-coated tablets. HCQ is weight based. If you have lost or gained a significant amount of weight, notify your doctor to ensure you are on the correct dose of this medication

If you are prescribed 2 tabs a day, you can take them both at the same time as tolerated. Some people need to take them separately to avoid stomach upset.

Hydroxychloroquine can be taken with food.

Taking hydroxychloroquine consistently, every day, will provide the best results.

Health Corner

Lupus and the Gut Microbiome

Researchers are looking into the connection between the gut microbiome and lupus.

The gut microbiome consists of trillions of different microorganisms living in our small and large intestine. These microorganisms include bacteria, fungi, parasites, and viruses.

A recent study at NYU Grossman School of Medicine shows that bacterial blooms of the gut bacterium *Ruminococcus blautia gnavus* occurred at the same time as disease flare-ups in 5 of 16 women with lupus of diverse racial backgrounds studied over a four-year period. 4 of these female study participants had cases of lupus nephritis (kidney inflammation) and 1 had severe lupus involving inflammation in multiple joints.

This study suggests that bacterial imbalances in the gut could trigger inherited genetic factors responsible for causing lupus.

While more research is needed to provide guidelines for treatment, there are some things that everyone can do to keep their gut healthy. Many studies have linked high fiber diets with healthier, longer lives. Fiber feeds our healthy gut bacteria and helps to keep cells in the colon healthy.

Too much fiber can cause some discomfort like bloating, but the right amount will keep your bowel movements regular.

Foods to Include in your Diet for Gut Health

Aim to get 25-30g of fiber daily from foods like whole grains, legumes, beans, fruits and vegetables.

Reading food labels will help you keep track of the amount of fiber you're taking in.

3 grams of fiber or more per serving is a good source of fiber.

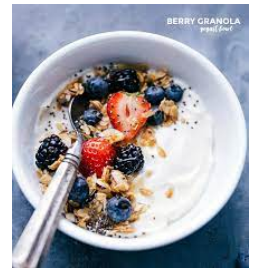
1 apple= 4 grams of fiber

Eat fermented foods, too, like yogurt, pickled vegetables, kefir, kombucha and sauerkraut to keep your gut healthy!

Healthy Recipe to Try: Yogurt Bowl

Plain yogurt or Greek yogurt, or try Kefir (a fermented dairy drink)

Add ins: honey, nuts, fresh fruit, top with granola, chia seeds. Repeat layers and enjoy!



Don't forget the flu season is upon us, get your flu shot today!

Wishing you good health and a wonderful
upcoming holiday season

- IQ LUPUS TEAM

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