

Living Healthy with Lupus

Healthful eating choices

There is no special diet for lupus. In general, you should try to eat a variety of nutritious, sensible foods.

- Eat plenty of fruits and vegetables, fresh as much as possible.
- Eat some whole grains. Whole-wheat bread, brown rice, and oatmeal are a few examples.
- Eat some protein and change the type --red meat, poultry, fish and things like beans, chickpeas, quinoa and others.
- Limit fat, salt and sugar intake.
- Avoid alcohol. Alcohol increases the risk of serious side effects of some medicines like prednisone and NSAIDs .

Exercise

Talk to your doctor before beginning an exercise plan. Regular exercise can help:

- improve your mood and increase your energy.
- reduce weight gain.
- strengthen your heart, lungs, bones, and joints.
- increase your flexibility.
- Walking, swimming, bicycling, yoga, pilates, low-impact aerobics or even simple stretching can strengthen muscles without making joint pain worse.
- Avoid jogging, weight-lifting, and high-impact aerobics if you are having active joint or muscle pain.
- If you get tired, slow down. The important thing is not giving up!

Yoga, tai chi, and Pilates are good for your body and your mind.

- Yoga uses meditation, exercise, and breathing practices to improve overall health.
 - Iyenger and Hatha yoga are preferred
 - Avoid Bikram, Vinyasa, Ashtanga and "hot yoga"
- Tai chi uses gentle, slow movements to keep the body in constant motion while you meditate.
- Pilates focuses on the muscles around your middle (core), which help keep the body balanced.

Managing stress

Stress can cause lupus flares. So managing stress is important for anyone with lupus.

There's no quick-fix cure for stress. But there are many different ways that you can reduce stress in your life and improve your overall happiness. In addition to exercise, you may want to try:

- Yoga or tai chi
- Exercise
- Meditation
- Listening to music.
- Take time with a hobby you enjoy.
- Talking with your family & friends.

What's the doctor's phone number? (585) 486-0901