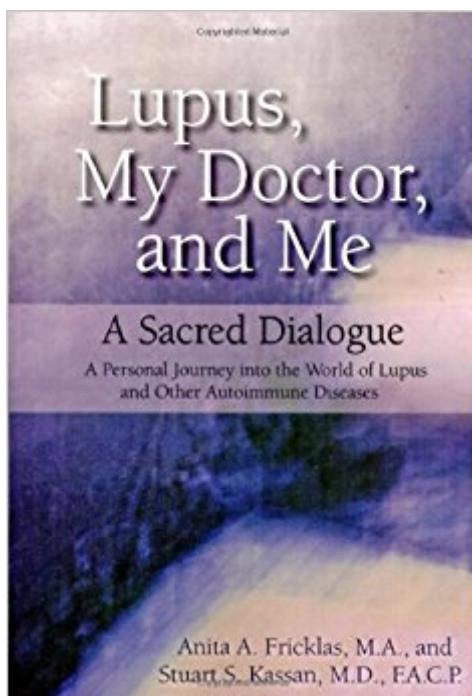


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# Lupus, My Doctor And Me: A Sacred Dialogue



## Synopsis

This insightful book demonstrates the conversations you should be having with your Doctor, presented in discussion format from both the patient's and doctor's perspective. Autoimmune diseases are chronic inflammations of various parts of the body. Lupus in particular, can present such a wide variety of symptoms and on-going health issues that it is critical to maintain an open-communicative relationship between patient and physician(s). In a familiar question and answer style, the authors show you how it's done. What should I tell my Doctor? How do I know if a symptom is important? What does it mean to the Doctor in my overall treatment plan? By example, the authors have demonstrated the development of the sacred relationship between doctor and patient. They cover common issues of daily living with thoughtful discussions of the variety of symptoms, how they may effect your lifestyle and those of your family. This guide provides constructive, adjustment strategies for a productive lifestyle. Offering both patient and doctor viewpoints, *Lupus, My Doctor and Me*, will leave each reader a clearer understanding for management of this syndrome. Whether part of your personal library or the public library, this guide will provide an insightful narrative for family and friends. There are over 5 million people with lupus worldwide with close to 1.4 million diagnosed in the US. Family and friends of patients will find insights as participants in caregiving. Those millions of autoimmune disease patients, including those with multiple sclerosis, diabetes, Crohn's disease, fibromyalgia, rheumatoid arthritis, Sjögren's syndrome, and Raynaud's disease will also find insights and useful tools in the book. This book is a valuable collection addition to all 16,000 US public libraries.

## Book Information

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## Customer Reviews

As bold and innovative Lupus Research Institute scientists search relentlessly for a cure, people with lupus are pioneering discoveries of their own-strategies and lifestyle approaches for coping and even thriving despite the illness. In this frank and moving personal dialogue, Anita Fricklas and her long-time rheumatologist, Dr. Stuart Kassan, give readers opportunities to absorb and leverage many powerful coping tools to help manage their disease. What a safe and inspiring place to reach for answers as we race to find a cure together. --Lupus Research Institute, President, Margaret G. DowdAn insightful memorialization of a complex personal struggle not unlike that experienced by many lupus patients. It constructively helps those who are trying to navigate the land mines of lupology. --Daniel J Wallace MD Clinical Professor of Medicine David Geffen School of Medicine at UCLA; Best Selling author of The Lupus Book: A Guide for Patients and Their Families, 4th ed. As bold and innovative Lupus Research Institute scientists search relentlessly for a cure, people with lupus are pioneering discoveries of their own-strategies and lifestyle approaches for coping and even thriving despite the illness. In this frank and moving personal dialogue, Anita Fricklas and her long-time rheumatologist, Dr. Stuart Kassan, give readers opportunities to absorb and leverage many powerful coping tools to help manage their disease. What a safe and inspiring place to reach for answers as we race to find a cure together. --Lupus Research Institute, President, Margaret G. DowdAn insightful memorialization of a complex personal struggle not unlike that experienced by many lupus patients. It constructively helps those who are trying to navigate the land mines of lupology. --Daniel J Wallace MD Clinical Professor of Medicine David Geffen School of Medicine at UCLA; Best Selling author of The Lupus Book: A Guide for Patients and Their Families, 4th ed.

Lupus can present such a wide variety of symptoms and on-going health issues that it is critical to maintain an open and communicative relationship between patient and physician(s). In their, the authors present you with the conversations you should be having with your doctor. \* How do I know if a symptom is important? \* When should I call my doctor about a flare? \* What does it mean to the doctor in assessing my symptoms? \* How do we reach a compromise on my treatment plan? Covering common issues of daily living with chronic autoimmune disease, these thoughtful discussions will resonate with you whether a new or long-term patient. The insightful narratives will leave you, your family and friends, physicians and their staff with a better understanding of the physical and mental aspects of day-to-day living with lupus.

I will up front admit that I am biased - I too am a patient of Dr. Kassan. I have bought numerous books over the years about Lupus in an effort to better understand my disease, and seeing this - so well written - from the perspective of both doctor and patient - that I absolutely consider it a must read for all Lupus patients...both newly diagnosed and those who have had it for years. This is a book that I can see myself referencing for years to come. It answered more questions and gave me more insight into this evil disease than the hundreds of articles and dozens of books that I have read over the years.

purchased for a friend. No review.

This is such a great book. I take it everywhere. Very, very helpful. I really recommend it to every newly diagnosed Lupus patient

great doctor, good book.

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