

Buena Salud® Club

1-866-783-2645

Brain & Nervous System

Eyes, Nose, & Mouth

Heart & Lungs

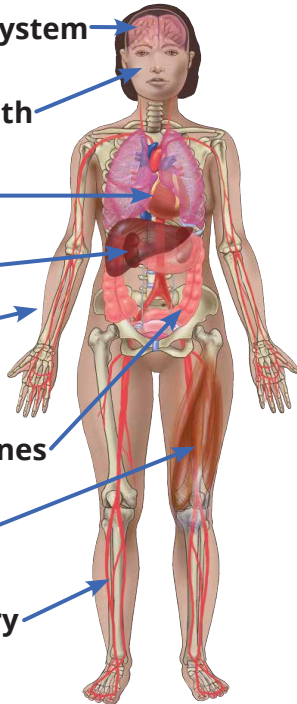
Kidneys

Skin

Stomach & Intestines

Muscles & Joints

Blood & Circulatory System



Could you have Lupus?

- Lupus is a chronic autoimmune disease that causes inflammation in various parts of the body.
- 90% of those diagnosed with lupus are females between ages 15 and 44, but lupus also occurs in men, older people, and children.
- Lupus can be very hard to diagnose because symptoms vary from person to person, can come and go, and can mimic symptoms of other illnesses.

Help Us Solve
The Cruel Mystery

LUPUS[™]
FOUNDATION OF AMERICA


National Alliance
for Hispanic Health
www.healthymamericas.org

Living well with lupus means balancing your activities with rest, and trying to avoid stress.

You will want to learn to:

- Get extra rest, but also get regular exercise when possible.
- Question your doctors, but don't ignore their advice.
- Follow instructions carefully when taking medications.
- Closely monitor your condition with your doctor.

Call us (toll-free) at 1-866-783-2645 for more information about lupus, and to receive a FREE exercise band.

