

Lupus Triggers

Knowing what worsens your symptoms can help you improve your quality of life

Lupus is a chronic (long-term) autoimmune disorder.



9 out of 10 people living with lupus are women

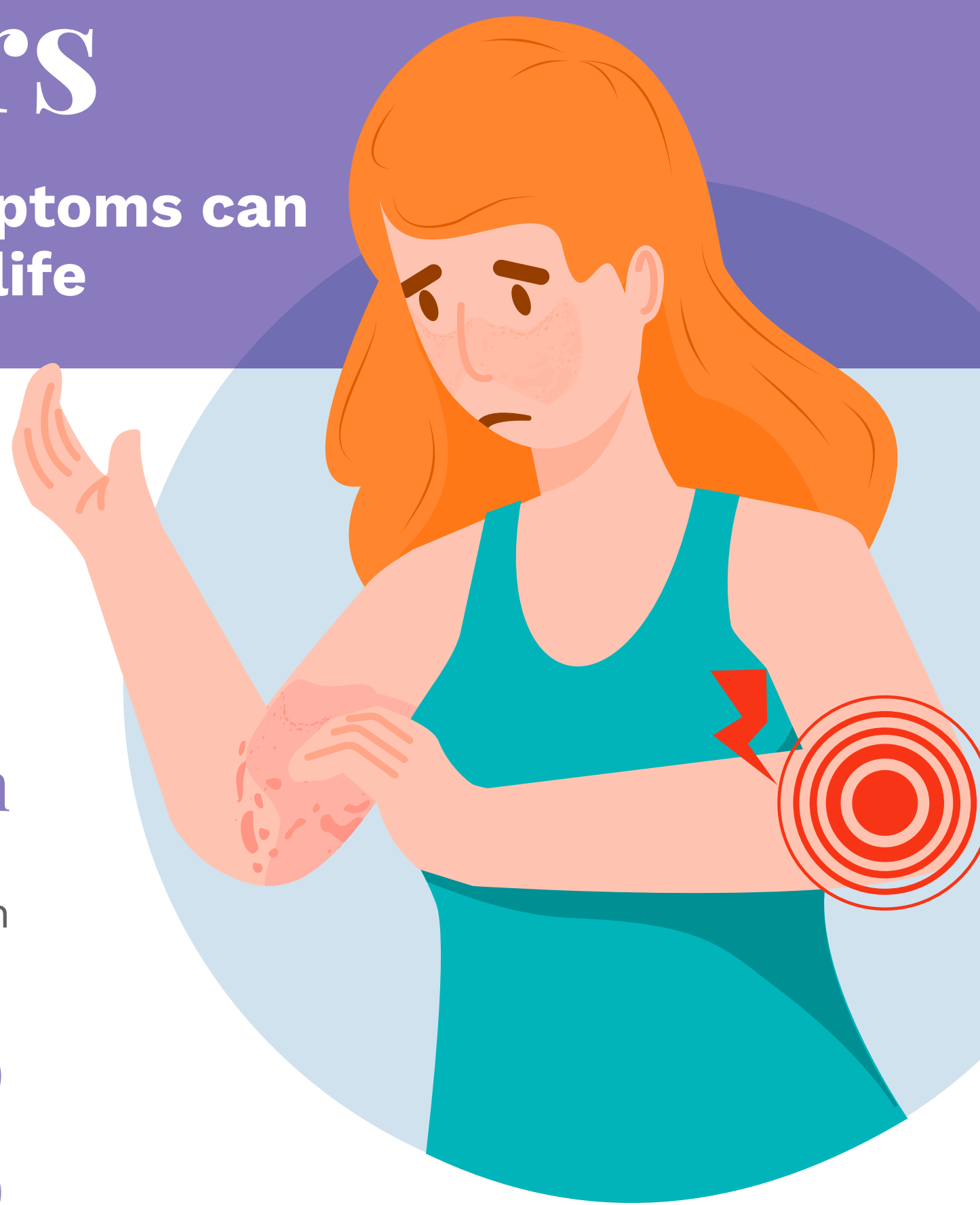
Lupus symptoms can change over time and can vary from person to person.

Symptoms may:

Be mild or severe

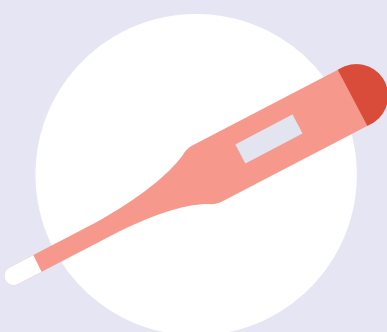
Come and go

Last a short or long time



Lupus flares

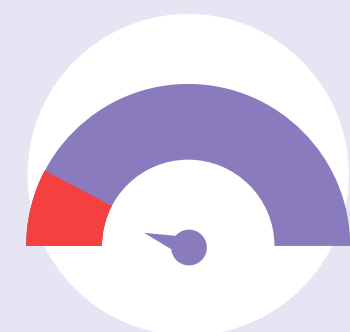
Flares or flare-ups are when lupus symptoms worsen or a new symptom appears. Symptoms of a flare might include:



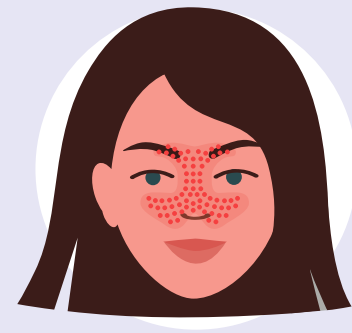
Fever or flu-like symptoms not from an infection



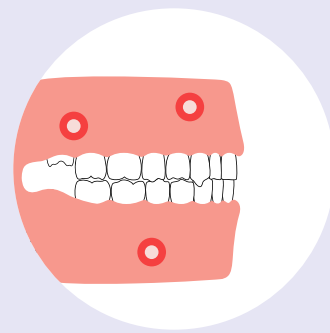
Joint pain or swelling



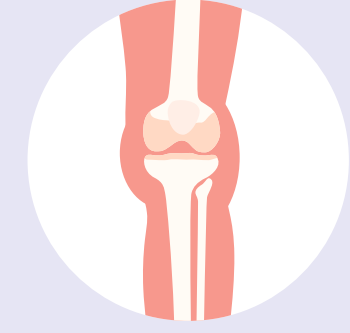
Fatigue



Rash, tingling or numbness in the skin



Sores or ulcers in the mouth or nose



Swelling in the legs

Lupus triggers

Some common triggers that cause lupus symptoms for the first time or worsen existing symptoms include:



Sunlight & Certain Indoor Light

Fluorescent or halogen lightbulbs
Ultraviolet (UV) rays from the sun or tanning booths



Physical Stress

Infections
Injuries
Major physical changes to the body like pregnancy

Some medications, such as hydralazine, procainamide or quinidine, can cause drug-induced lupus.



Infections or Illness

Parvovirus
Herpes zoster
Epstein-Barr virus
Certain bacterial infections



Emotional Stress

Caregiving
Job stress
Financial concerns
Grief or loss
Discrimination and harassment



Air Pollution

Smoke
Smog
Silica dust, ozone and other particulate matter

Childhood trauma and post-traumatic stress disorder (PTSD) are strongly associated with lupus.



Exhaustion or sleep-deprivation

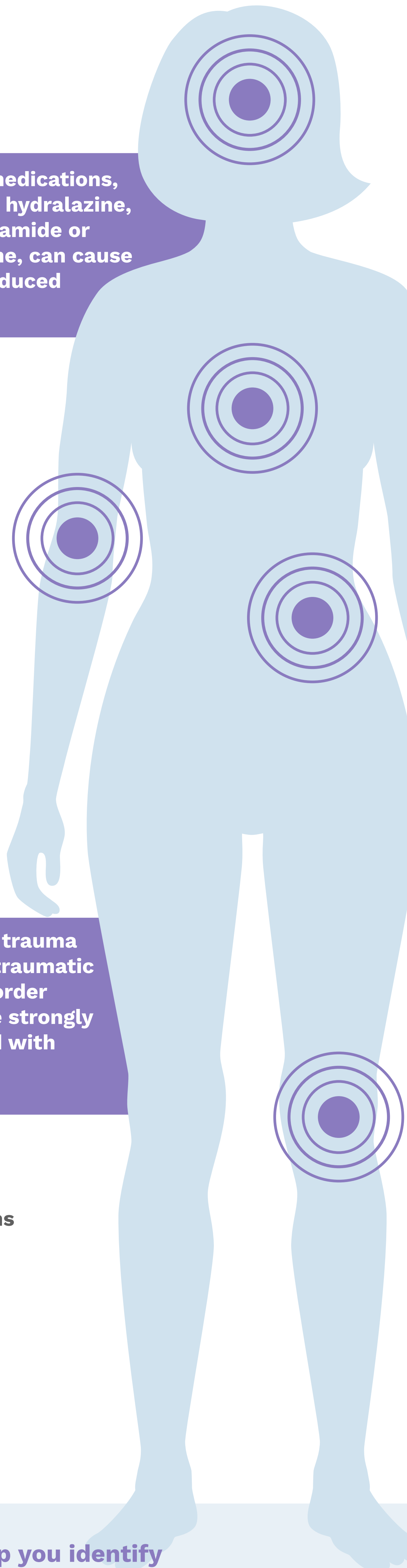
Exposure to heavy metals and toxins

Smoking



Ultra-processed foods

Obesity



Tracking your symptoms can help you identify and avoid triggers, and prevent lupus flares.