

Learning to Live Well with Lupus Part 1: *Physical measures*

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Learning to live well with lupus requires some lifestyle alterations and coping strategies. Exposure to the sun should be minimized. Diet should focus on healthy food, balanced with exercise. Smoking should be ceased and professionals should be consulted. Each individual needs to be aware of their fatigue level, to prevent long term complications. Despite the challenges of lupus, a healthy lifestyle is possible. This article provides recommendation for attaining a healthy lifestyle.