

## **Talking About Lupus**

### Lupus Fact Sheet

This article addresses the difficulty many people face when trying to talk about lupus. Although the subject may be awkward, it is important that you take charge and initiate conversation about lupus. You need to educate loved ones and express your needs, so that there can be understanding from both parties. You also need to inform your teachers and supervisors to ensure safety and understanding while on the job. By explaining your condition, people will be more accommodating to your needs and you will feel more comfortable and relaxed.