



# Lupus: The Essential Clinician's Guide (Oxford American Rheumatology Library)

By Daniel J. Wallace

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One million people in the United States suffer from systemic lupus erythematosus (SLE or lupus), a chronic autoimmune disease that is potentially debilitating and sometimes fatal as the immune system attacks the body's cells and tissue, resulting in inflammation and tissue damage. SLE can affect any part of the body, but most often damages the heart, joints, skin, lungs, blood vessels, liver, kidneys and nervous system. The course of the disease is unpredictable, with periods of illness alternating with remission. It can be treated symptomatically, mainly with corticosteroids and immunosuppressants, though there is currently no cure. The symptoms of lupus vary widely, come and go unpredictably, and often mimic or are mistaken for other illnesses. As a result, patients present with varied symptoms to different practitioners and diagnosis can be elusive, with patients sometimes suffering unexplained symptoms and untreated lupus for years. Hence, a practical guide to the diagnosis and treatment of lupus is a valuable resource to an array of clinicians and may help expedite earlier diagnosis and better patient care. Part of the Oxford American Rheumatology Library, this concise, authoritative pocketbook describes the pathophysiology of lupus, diagnostic strategies and tools, and current and emerging therapeutic options, focusing on direct clinical applications for busy healthcare professionals. With 20 new tables and the most up-to-date information on the diagnosis, treatment and management of the condition, this second edition fulfills a need for a concise, practical guide to Lupus for clinicians that distills the principal features of this complicated, often misunderstood disorder.

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#### Review

"This is an excellent guide for any clinician who is interested in learning how to recognize lupus in their patients and wants advice on what to do next. From medical students to skilled specialists, all will benefit from this book. ... The author follows the basic principles for an excellent handbook -- keeping it simple and brief, with plenty of tables and an emphasis on providing the latest evidence." --*Doody's Health Sciences Book Review*

"Dr. Wallace succeeds at using this succinct text to distill key clinical facts and offer numerous pearls for busy clinicians to aid in the management of patients with SLE. I recommend this text for any rheumatology trainee or practicing rheumatologist as a handy daily reference for all aspects of SLE care." -- *Journal of Rheumatology*

#### About the Author

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