

Coping with Pain and Fatigue

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Overview

- Connection between mental health, lupus, pain, and fatigue
- How to know whether you may need more support
- Support options

Mental Health Disorders

- Common in the US
 - 57% will suffer from a mental health disorder in their lives
 - 21.4% experience depression
 - 17-75% of lupus patients experience depression
 - 31.2% experience anxiety
 - 37% of lupus patients experience anxiety

Impact on Quality of Life

- 15-51% of SLE patients terminate employment within 2-15 years after diagnosis
- Depression is the 4th leading cause of disability worldwide

Problems with memory, concentration, motivation, fatigue, tendency to socially isolate, etc.



Relationship functioning, wages, educational attainment, lost work productivity

Impact on Health

- Mental health symptoms create risk for chronic conditions
- Early treatment of mental health disorders can decrease impairment caused by chronic illness and, in some cases, can decrease illness severity and mortality

But the Arrow Points Both Ways!

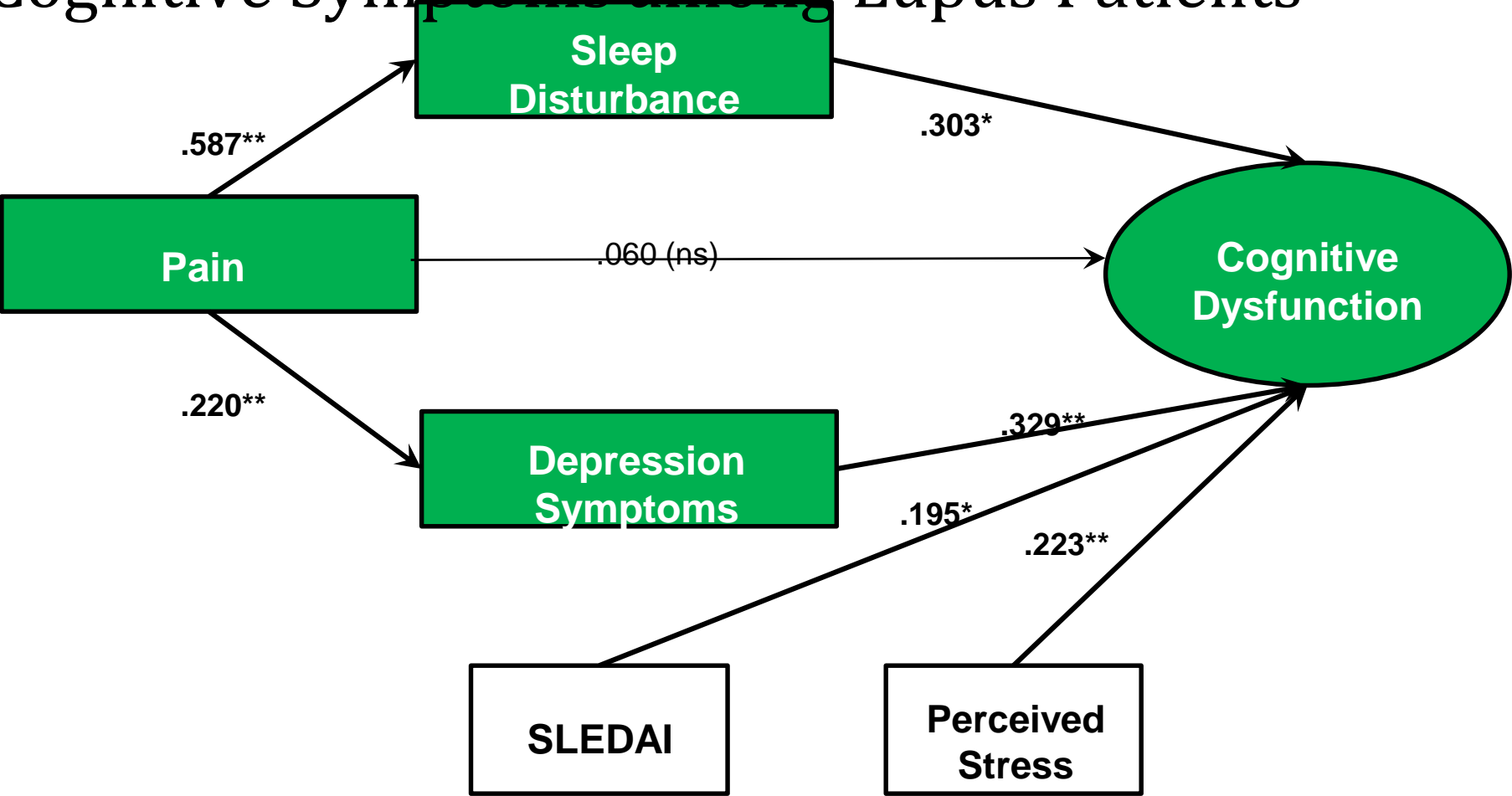


- Chronic health conditions can also be a stressor that leads the development of mental health symptoms
- This is especially true when the health condition includes chronic pain
 - 65% of Lupus patient report pain is most difficult part of disease to manage

Fatigue & Cognitive Dysfunction

- Both can be debilitating symptoms that impact quality of life
- Fatigue experienced by most (>85%) patients with SLE
- 20-80% of SLE patients report experiencing Cognitive Dysfunction (CD)

Cognitive Symptoms among Lupus Patients



Many Reasons to Get Support

- Managing stress (including new or pre-existing mental illness) early on in your illness can help you stay healthier through the course of your disease
- Mental health symptoms add to the disability and distress experienced by people with lupus. When we have difficulty treating some symptoms (e.g., disease activity, pain, fatigue) directly, sometimes treating mental health symptoms can help
- Lupus can be hard to manage on your own
 - Managing multiple medications/appointments
 - Communicating with medical providers

Signs You May Need Help

Depression symptoms

- Low mood
- Loss of interest/pleasure
- Weight/appetite changes
- Sleeping too much/too little
- Feeling physically restless or slowed down
- Strong feelings of worthlessness/guilt
- Difficulty concentrating/thinking/making decisions

Anxiety symptoms

- Nervousness
- Persistent worry
- Tension
- Restlessness
- Irritability
- Dread
- Trouble falling asleep/staying asleep
- Nausea/diarrhea

Many Types of Support

- Lupus society
- Support groups
- Psychology
- Psychiatry

Psychological Services

- Cognitive Behavioral Therapy (CBT)
- Anxiety/depression
- Pain management
- Insomnia
- Coping with illness-related changes: appearance, career, parenting, sex

Psychiatry

- Psychiatric medications can treat depression, anxiety, pain, insomnia, fatigue
- Seeing a psychiatrist does not mean you're “crazy” or even that your symptoms are particularly severe
- Psychiatric providers:
 - Match you with the right medication to both treat your symptoms and minimize the side effects that are the most concerning to you
 - Meet with you regularly

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