

Lupus fatigue can make climbing out of bed feel like a mountain



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If you have **lupus** and suffer from **low energy** or you **feel tired often**, you may qualify for the Lupus Intervention Fatigue Trial (LIFT) - a study being done to test two treatment programs to help people with lupus better manage their fatigue.

You may qualify if you:

- Are at least **18 years old**
- Have lupus
- Are able to participate in physical activity
- Will be in Chicago area for next 12 months

You will be asked to participate in:

- » A one year program including 4 visits to Northwestern Memorial Hospital in downtown Chicago
- » Monthly group support meetings
- » 4 individual phone calls and/or counseling sessions

INTERESTED OR HAVE QUESTIONS?



(312) 503-1919

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Department of Medicine, Division of Rheumatology
Principal Investigators: Rosalind Ramsey-Goldman, MD, DrPH
& Linda Ehrlich-Jones, PhD, RN

Northwestern Medicine
Feinberg School of Medicine