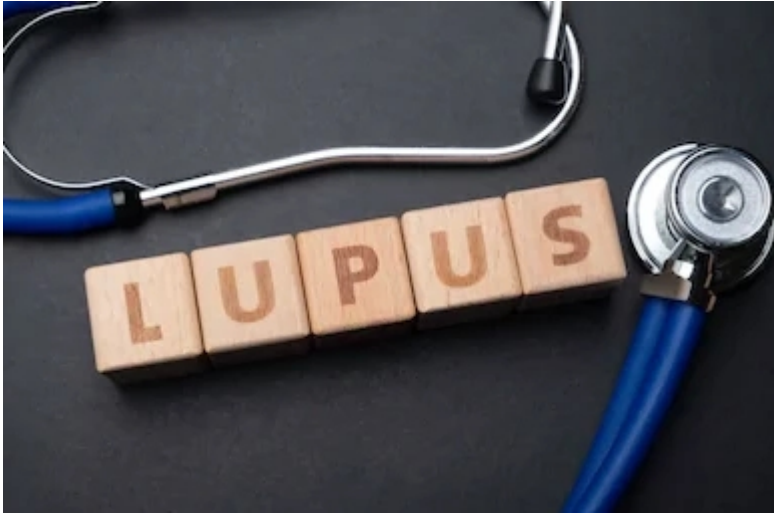


Stress Can Stimulate Lupus Recurrence

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Undertaking physical distancing in a relatively long time and situations that are full of uncertainties undeniably cause anxiety and stress. Feelings of prolonged stress affect not only mental health but also human physical health. Meanwhile, stress can stimulate the emergence of various diseases, including recurrence in lupus patients.

Professor of the UGM Faculty of Medicine, Public Health and Nursing (FKKMK), Prof. Dr. dr. Nyoman Kertia, Sp.PD-KR said that stress is one of the causes of lupus disease recurrence.

"Stress, fatigue, and sunbathing can make this disease recur," he explained on Saturday (9/5).

Therefore, he appealed to people with lupus (odapus) as much as possible to avoid being tired, not being stressed, and not doing sunbathing activities. Thus, hopefully, that this disease will not easily recur.

Lupus is an autoimmune disease caused by the immune system attacking the cells, tissues, and organs of the body itself. Therefore people with lupus or odapus have a risk of various types of bacterial or viral infections.

"Odapus immune condition is not perfect. However, if the patients are obedient to taking medicine according to doctor's instructions, hopefully, their condition will soon get better in time," he explained as he was welcoming the commemoration of World Lupus Day, which falls every May 10th.

He mentioned that the immune system is the primary defense against germs and disease. On the other hand, odapus is more susceptible to infection. It is because the immune system works differently from people in general. The immune system in odapus works too actively and attacks the body itself.

Therefore, Nyoman Kertia, again, emphasized odapus patients to be immediately to regularly meet the doctor and take medication so that lupus could be controlled. Routine consumption of the drug

reduces the susceptibility or risk to bacterial or viral infections, including Covid-19.

"As long as taking medicine well from the doctor, the risk of germ infection can be suppressed, but if you are not obedient taking medicine, it is vulnerable," explained the Head of the Department of Internal Medicine UGM.

Lupus can affect anyone at any age. Even so, this disease mostly affects women of childbearing age. About 80-85 percent of people with lupus are women.

Lupus is known as a thousand face disease because the symptoms and the pain it causes are various similar to other conditions. Symptoms that usually appear are frequent joint pain, red rashes on the face and body, recurrent fever, fatigue, thrush, hair loss, sun-sensitive skin, and chest pain.

This rheumatologist said that until now, the cause of lupus is still left uncertain. However, several factors are thought to play a role in the pathophysiology of lupus, such as genetics, infection, pollution, and unhealthy food.

"Lupus cannot be completely cured, but there is such a thing as remission," he explained.

Remission is a clinical condition, just like a normal person. However, some still need drugs, and in some cases, they can get rid of them.

Although not curable, lupus can be controlled by regularly seeing a doctor. This disease becomes a danger if it is not controlled and appropriately handled. Patients will be difficult to help if lupus has attacked internal organs such as the kidneys, lungs, to the brain.

"There is a suggestion for Odapus to be able to maintain a healthy lifestyle, comply with drug consumption, and avoid recurrence factors," he said.

Lupus is a type of non-communicable disease that is still a global health problem. Recently, there are estimation numbers stated that there are 5 million lupus patients spread throughout the world, and the number continues to increase every year.

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