

## **Soundbite Script – The Ups and Downs of Lupus**

**Dr. Syed Zaidi, Family Practice Physician, OSF HealthCare**

“It’s a type of autoimmune disease that will manifest in any part of your body – from your brain down to your toe, and it can affect the skin. Basically it’s where your body’s immune system is attacking itself in various parts. Sometimes it can involve the kidneys and the skin and blood vessels.”

**Dr. Syed Zaidi, Family Practice Physician, OSF HealthCare**

“Men, in terms of their hormonal states, may indicate whether they're going to be highly susceptible or even manifest lupus. So if we can test them, and they might be positive, but they may never manifest it either. So it may be a discrepancy between incidence and prevalence of the disease. Definitely, I know men out there who have it.”

**Dr. Syed Zaidi, Family Practice Physician, OSF HealthCare**

“In a way it’s a type of Russian roulette in that you don't know where it's going to land. So we really focus the workup on the generalized symptoms – the fatigue, the rash, the body aches – that we can't explain due to anything else. Your doctor will likely want to do a workup that includes what we call an autoimmune workup. And that’s when some more doors might open to this possibility being lupus or its variant.”

**Dr. Syed Zaidi, Family Practice Physician, OSF HealthCare**

“There are going to be days where you're going to just be beat down and, really, I can't specifically say to one day or one disease to another. Lupus is going to be a little different for you one day, and all chronic diseases are going to be different. So really, it's going to come down to how you are going to wake up, what you plan on doing throughout the day, what your mindset is and whether you’re adhering to your doctor's recommendations for your treatment.”