

# Talking points for the event

**Mission:** To raise awareness about lupus: (1) what lupus is; (2) what the signs and symptoms of lupus are; and (3) what to do if you suspect you (or someone you know) has lupus.

Here are some quick responses you can have ready for visitors who pass by the visual display.

## What is this display about?

- We're using The Playbook: Local Lupus Awareness Activities to spread the word about lupus on our campus.

## What does it mean to #BeFierceTakeControl?

- Being fierce is about advocating for yourself, listening to your body, and taking action to live a healthier life.

## What is lupus?

- Lupus is a chronic disease, meaning it is a long term disease that should be managed. Lupus affects the immune system and is called an autoimmune disease. The immune system's job is to fight foreign invaders, like germs and viruses. But in autoimmune diseases, the immune system is out of control and mistakenly attacks healthy tissue.
- Lupus symptoms can vary and make it difficult to diagnose, because the signs and symptoms are similar to other diseases and may come and go.
- While anyone can develop lupus, women are affected more than men. Lupus is two to three times more common in African American women compared to White women.

## Why do I need to know about lupus now? I'm young!

- Early detection may prevent potential long term damage to your health.
- Because lupus usually begins during child bearing years (15-44), it can seriously affect young women's goals for education, career, family, and health.

## Am I at risk? What can I do to prevent it?

- Make an appointment with a health provider to get checked out if you feel you have lupus symptoms.
- There is no current cure and no definitive answer on how to prevent lupus, but early diagnosis is key to managing the disease.

## I don't have lupus, but I know people who do. How can I help?

- Check out [befiercetakecontrol.org](http://befiercetakecontrol.org) to find more info on how to be a supportive friend or take control of your own health.

## How can I stay involved?

- Join the campaign by using the hashtag #BeFierceTakeControl on social media!
- Visit the website [befiercetakecontrol.org](http://befiercetakecontrol.org) for more information about lupus and take control of your health.