

# Tips to respond to social media questions

Frequently asked questions and answers you can use when responding to questions on social media

## What is lupus?

**A:** A chronic autoimmune disease that attacks healthy tissue. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

## How is lupus diagnosed?

**A:** Doctors look at your symptom history, conduct a physical exam, and conduct a series of lab tests for a diagnosis. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

**A:** A rheumatologist, a doctor that specializes in autoimmune diseases, is often involved in the diagnosis. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

## What are the most common symptoms of lupus?

**A:** Painful or swollen joints, rashes across the nose and cheeks, and extreme exhaustion that lasts for weeks. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

## Why is it hard to diagnose lupus?

**A:** Symptoms may come and go, so it's important to keep track. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

**A:** Lupus is “the great imitator” because the signs and symptoms are similar to other diseases. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

## How do I prepare for a doctor's appointment?

**A:** Use the [Patient-Physician Dialogue Tool](#) from The Lupus Initiative site: [thelupusinitiative.org](http://thelupusinitiative.org).

**A:** Track your symptoms in a log, take pictures of rashes and other symptoms to show your doctor what's going on. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

**A:** Be detailed and accurate when talking to your doctor. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).

## What resources are available for someone who may be experiencing signs and symptoms of lupus?

**A:** Share the lupus awareness campaign with friends and family at [befiercetakecontrol.org](http://befiercetakecontrol.org).

**A:** Check out [befiercetakecontrol.org](http://befiercetakecontrol.org) and [thelupusinitiative.org](http://thelupusinitiative.org).

## What are some tips of good ways to cope with lupus?

**A:** Build a support network of family and friends. Check out [befiercetakecontrol.org](http://befiercetakecontrol.org).