



World Lupus Day 2024

Source: BS

World Lupus Day, observed annually on **10th May**, is a crucial event that aims to shed light on the challenges faced by individuals living with lupus. This complex autoimmune disease affects millions worldwide.

- Lupus causes the **immune system to attack the body's own tissues and organs**, leading to symptoms like joint pain, rashes, fever, and fatigue. It can also result in severe complications like osteoporosis and cardiovascular issues.
 - Factors such as **genetics**, smoking, hormones, environmental influences, and stress can increase the risk of developing lupus.
- Established in 2004 by the **World Lupus Federation**, World Lupus Day aims to spread awareness and rally global support for lupus patients.
- With nearly **5 million sufferers worldwide**, this day emphasises the need for better **healthcare, increased research, early diagnosis, and improved treatments for lupus**. It also aims to unite organisations and individuals in reducing the suffering caused by this potentially fatal disease.

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