

Lupus symptom tracker



What is lupus?

Lupus is an autoimmune disease that affects many parts of your body. Autoimmune diseases cause your immune system to attack your healthy tissues and cells. When you have lupus, your immune system can attack your kidneys and cause permanent damage, known as ***lupus nephritis***.

Tracking lupus flares can help you and your provider understand the damage that lupus may be causing and understand if your treatment plan is working.

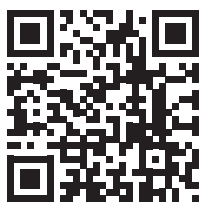
Lupus symptoms

Because lupus can affect almost every system in the body, there are many different potential symptoms, and they can vary from person to person. You will typically only have a few of these symptoms.

- Extreme fatigue
- Brain fog/difficulty concentrating
- Joint pain or swelling
- Muscle pain
- Headaches
- Fever
- Sensitivity to sunlight or fluorescent light
- Chest pain
- Butterfly-shaped rash on your face
- Hair loss
- Mouth or nose sores

Symptoms that can indicate ***lupus nephritis*** include:

- Rapid weight gain
- New or worsening high blood pressure
- Frequent urination, especially at night
- Less urination (in some cases)
- Blood in your urine
- Foamy or frothy urine



For more information about lupus nephritis, visit kidneyfund.org/lupus

Flare tracker

When you feel symptoms of your lupus starting to happen, tracking them can help your providers identify important patterns. Use this tracker whenever you have a flare and bring it with you to appointments.

When did it start?

When did it end?

☐ still ongoing

Before this flare, did you experience:

- ☐ Increased stress
- ☐ Illness or infection
- ☐ Sun or UV (ultra violet light) exposure
- ☐ Missed medicine doses

- ☐ Change in medicine
- ☐ Lack of sleep
- ☐ Increased physical activity
- ☐ Travel

- ☐ Hormonal changes
- ☐ Major life event
- ☐ Dietary changes
- ☐ Other _____

I'm currently experiencing:

- ☐ Rashes on my face
- ☐ Pain in my joints
MILD _____ MODERATE _____ SEVERE _____
- ☐ Dizziness
- ☐ Fever
- ☐ Increased Fatigue
MILD _____ MODERATE _____ SEVERE _____

- ☐ Headaches
MILD _____ MODERATE _____ SEVERE _____
- ☐ Stomachaches
- ☐ Hair loss
- ☐ Mouth or nose sores
- ☐ Joint pain
- ☐ Changes in my weight

- ☐ High blood pressure
- ☐ Urinating more often
- ☐ Cola colored urine
- ☐ Sensitivity to light
- ☐ Other _____

How would you describe your symptoms?

(ex: where is your pain, do your symptoms change throughout the day?)

How is it affecting your day-to-day life?

I'm feeling:

- ☐ Depressed
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Other _____

Medicines:

Did you change any medicines before or during this flare?
If yes, what did you change?

Additional notes:

My current treatment plan

Write down all the medicines you are currently taking, including how much and how often you take it. This can help you and your care team see what is working well and if anything needs to be changed.

Medicine	Dosage	How often I take it

Emergency Warning Signs

Seek immediate medical attention for:

- Severe chest pain
- Significant shortness of breath
- Worst headache of life
- Sudden severe swelling
- High fever
- No urine output
- Any symptom your healthcare professional has identified as urgent



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