

Lupus Symptoms

What are the Most Common Lupus Symptoms?

Common Symptoms of Lupus

- Fever
- Fatigue
- Malaise
- Joint pain, stiffness and swelling
- Muscle pain
- Butterfly-shaped rash on the face that covers the cheeks and bridge of the nose or rashes elsewhere on the body
- Skin lesions that appear or worsen with sun exposure (photosensitivity)
- Fingers and toes that turn white or blue when exposed to cold (Raynaud's phenomenon)
- Shortness of breath
- Chest pain
- Macroscopic or Microscopic Blood in urine
- Protein in urine (sometimes urine will be foamy)

Less Common Symptoms of Lupus

While every lupus patient can present with different symptoms, the ones listed above serve as a guide for what symptoms are mostly reported in lupus patients. The symptoms of lupus below include various other symptoms reported by lupus patients online and in various medical journals that appear less often.

- **GI Issues:**

- **Swallowing Difficulties**

- **Psychosis**

- **Eye inflammation**

- **Sores:** While sores are common in the nasal cavity and roof of mouth, sores can also be found along the GI tract in some patients with lupus.

- **Strokes**

- **High blood pressure**

- **Nerve Pain**

- **Blood Clots:** Approximately **50%** of people with lupus

possess antiphospholipid antibodies which can cause your body to form a blood clot. It is estimated that half of those with these antibodies will develop a clot at sometime during their life.

- **Major Anxiety:** 1 out of 4 adults with systemic lupus erythematosus (SLE) may suffer from major depression or anxiety, according to a study published in *BMC Psychiatry*.