

May is Lupus Awareness Month

May is [Lupus Awareness Month](#). It's an opportunity for the lupus community to join together across the country to raise funds and awareness of the physical, emotional, and economic impact of the disease.

Facts About Lupus

[Lupus](#) is one of the cruelest, most mysterious disease on earth—an unpredictable and misunderstood autoimmune disease that ravages different parts of the body.

- **No two cases of lupus are alike.** Common symptoms include joint pain, skin rashes, overwhelming fatigue and fevers that last for days or weeks.
- **Lupus can impact any organ or tissue**, from the skin or joints to the heart or kidneys. Two leading causes of serious illness and death from lupus are kidney disease and heart disease.
- **Lupus occurs two to three times more frequently in non-Caucasians.** While people of all races and ethnicities can develop lupus, lupus occurs two to three times more frequently among African Americans, Asians, Hispanics/Latinos, Pacific Islanders and Native Americans than among Caucasians.
- **The cause(s) of lupus are unknown**—scientists believe hormones, genetics (heredity) and environmental factors are involved – more research is needed to better understand the role of these factors in people with lupus.
- **Lupus can be difficult to diagnose.** Early diagnosis is crucial to preventing long-term consequences of the disease. If you notice signs or symptoms of lupus, be sure to engage your doctor and ask questions.

Stats About Lupus

- An estimated **1.5 million Americans have lupus.**
- Lupus usually **develops between ages 15 and 44** and it lasts a lifetime.
- Lupus can strike anyone, but **90% of people living with lupus are females.** Men, children and teenagers develop lupus too. 15% of those diagnosed are children.
- **One in four Americans are either temporarily or permanently disabled by the disease.**

Make A Difference—Wear Purple on May 21

Living with an invisible illness like lupus can be isolating, and sometimes lead to judgment from others who don't exactly understand the daily struggles. Most symptoms of lupus aren't always readily visible, but on the inside, it can wreak havoc on your body, organs, and even cause emotional and mental strain. Just because people can't see the pain, doesn't mean it's not there and potentially life-threatening.

[Go Purple to End Lupus](#) on May 21 and help raise awareness!

Upcoming Wellness Activities – Register Today!

Exercise Class

- **Fri., May 21 – Noon to 1 p.m.**
[Pilates](#) ~ Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

Mental Health Webinar

- **Wed., May 19 – Noon to 12:30 p.m.**
[Total Wellness Trivia](#) ~ Games have been proven great for our emotional wellness. Laughter, engagement and learning are all components for lowering our stress levels. Tune in and have fun!
- **Wed., May 26 – Noon to 1:00 p.m.**
[Taking Care of YourSELF](#) ~ focus on four ways to improve SELF-care (sleep, exercise, love, & food), and learn how daily practice of simple strategies supports improved health and wellbeing.

NEW! Employee Discount

Level Up is excited to announce a new [employee discount](#) from **Hand & Stone Massage & Facial Spa** in Brandywine, Maryland. Prince George's County Government employees can now receive special introductory and membership prices.

Win a Gift Basket from Hand & Stone Massage and Facial Spa – To celebrate this discount, Level Up will be giving away a gift basket full of surprises from Hand and Stone Massage & Facial Spa. To earn your chance to win the gift basket, all you need to do is attend any one of the above Mental Health Month activities and you will be entered into a random drawing at the end of May.

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