



# RESOURCES FOR WOMEN LIVING WITH LUPUS

## GLOSSARY

**Antibody** – A protein made by the immune system in response to a foreign substance, such as bacteria or viruses, entering the body

**Antinuclear antibody (ANA) test** – A blood test that determines whether certain antibodies that attack the body's own tissues are present in the cell's nucleus

**Autoimmune disease** – A disease in which the immune system mistakenly attacks its own body, including healthy tissues

**Cutaneous lupus erythematosus (CLE)** – A type of lupus that attacks the skin

**Estrogen** – A sex hormone primarily made in the ovaries that is responsible for the development and regulation of the female reproductive system and secondary sex characteristics

**Flare** – A measurable increase in lupus disease activity, resulting in new or worse symptoms

**Immune-mediated inflammatory disease (IMID)** – An inflammatory disease where the causes and mechanisms of action may not be fully understood, but the immune system is involved

**Lupus nephritis** – A type of kidney disease that results from damage caused by inflammation in the kidneys in people with systemic lupus erythematosus

**Presenteeism** – The loss in productivity when an employee is not fully functioning in the workplace because of an illness, injury, or other condition

**Prior authorization** – A process used by some health insurance companies that requires the review and approval of a specific procedure, service, or drug

before it is prescribed; also known as precertification or prior approval

**Remission** – A level of disease activity and symptom improvement that no longer interferes with a patient's behavior or regular activities for an extended period of time; for lupus, it takes at least 6 months to establish this designation, requires continued monitoring by a physician, and may or may not include medication

**Rheumatic disease** – Often grouped under the term "arthritis," a type of autoimmune or inflammatory disease that cause your immune system to attack your joints, muscles, bones, and organs

**Rheumatologist** – A doctor of internal medicine or pediatrics who specializes in diseases of the joints, muscles, and bones

**Self-management** – A person's continuous engagement in his/her healthcare to understand the illness, participate in the determination of a treatment plan, understand and adhere to the treatment plan, and feel empowered to discuss ongoing symptoms and challenges with their healthcare team

**Step therapy** – A practice used by health insurance companies to begin treatment for a medical condition with the most cost-effective drug therapy and then progress "step-wise" to other more costly or risky therapies, only if necessary. This approach is intended to control the costs and risks posed by prescription drugs

**Systemic lupus erythematosus (SLE)** – A type of lupus that can affect the entire body, including joints, skin, kidneys, blood cells, brain, heart, and lungs

**Trigger** – Conditions in the environment or body that cause disease symptoms to worsen or flare