

# About us

The Lupus Foundation of Australasia is dedicated to empowering people affected by lupus by advancing research, raising public awareness, and providing trusted support and education.

Built on the belief that no one should face lupus alone, we serve as a bridge between medical science and everyday life, helping individuals, and carers understand, manage and advocate for better outcomes.

Through collaboration, advocacy and communications, we aim to shorten the time to diagnosis, improve access to evidence-based care, and ensure everyone with lupus is supported, heard and valued.

# For more information on lupus treatment

Please visit the Lupus Foundation of Australasia at:  
[www.lupusfoundationaustralia.org/resources](http://www.lupusfoundationaustralia.org/resources)

**References:** 1. McKeon KP et al. *Treatment of systemic lupus erythematosus*. Aust Prescr 2020;43:85–90. 2. Australasian Society of Clinical Immunology and Allergy. *Systemic lupus erythematosus (SLE)*. Accessed 2025. 3. BMJ Best Practice. *Patient information: SLE*. Accessed 2025. 4. ArthritisCARE. *Lupus treatment*. Accessed 2025. 5. Lupus Foundation of America. *Treating lupus: A guide*. Accessed 2025. 6. Johns Hopkins Medicine. *Lupus treatment*. Accessed 2025. 7. National Health Service. *Lupus*. Accessed 2025.

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# Treating Lupus

## What are the goals of lupus treatment? <sup>1-5</sup>

There are three main goals to managing lupus:

- 1 reducing symptoms and flares
- 2 appropriate use of medications, personalising treatment as necessary
- 3 improving quality of life

## How is lupus treated? <sup>2-5</sup>

Lupus can look different in every person, so treatment is tailored to manage your specific symptoms and to protect any organs or tissues that are affected.

A team-based approach is critical, with your GP, specialists, nurses and wider healthcare team working together to manage your care and support your overall wellbeing.

A specialist will adjust your treatment as needed and may refer you onto other specialists to treat specific symptoms.

Medication is typically used to reduce inflammation, control flares, and prevent long-term damage.



## What type of treatment is available? <sup>2-5</sup>

Your doctor may prescribe one or more of the following medicines to help manage your condition:

### Non-steroidal anti-inflammatory drugs (NSAIDs)

- Used for mild flares, and to treat joint pain, muscle aches, and fevers.

### Corticosteroids

- Anti-inflammatory medications used to control lupus flares.

### Immune modulation & suppressing drugs

- Work to calm the immune system when it becomes overactive.
- Widely prescribed, especially in more severe cases.

### Cytotoxic drugs

- Stronger type of immunosuppressive drug.
- Reduce immune cell activity that can cause inflammation or organ damage.
- May be used in more severe forms of lupus, especially in kidney inflammation.

### Antimalarial drugs

- Used to reduce flares and control symptoms, particularly in skin and muscle.
- Act to reduce long term complications of SLE and medication toxicity.

## How do I manage lupus beyond medication? <sup>1-7</sup>

Some effective ways to manage your lupus symptoms is by:

-  Eating a healthy diet rich in legumes, seeds and green leafy vegetables
-  Limiting highly processed, fried or high-sugar foods.
-  Exercising regularly
-  Reducing sun exposure and maximising sun protection
-  Managing stress where possible
-  Avoiding smoking

Living well with lupus means staying consistent with:



Taking your medications as prescribed



Maintaining a healthy body weight



Prioritising your mental health



Visiting your GP regularly