

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 symptoms

Please visit The Lupus Foundation of Australasia at
www.lupusfoundationaustralasia.org

References: 1. Moulton VR et al. *Trends Mol Med* 2017;23(7):615–635. 2. BMJ Best Practice. *Systemic lupus erythematosus*. Accessed 2025. 3. Justiz Vaillant, AA 2023 *Systemic Lupus Erythematosus*. Florida: StatPearls Publishing. 4. Lupus Foundation of America. *Lupus symptoms*. Accessed 2025. 5. Hoi et al. *The Lancet* 2024;403(10441):2326–2338.



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Symptoms of Lupus

What is Lupus?

Lupus is a chronic autoimmune condition which arises when the immune system misidentifies the body's own tissues as foreign.¹

This triggers the production of autoantibodies, cells that instead of defending against infections, mistakenly target your body – leading to inflammation and tissue damage.¹⁻³

What does it look like?

Lupus can cause a range of symptoms that present differently from person to person, making it challenging to diagnose and treat.

Symptoms often vary in type and severity, and may come and go over time.

Some people may experience mild symptoms such as skin rashes or mouth ulcers. In others, it can progress to a serious illness affecting multiple organs, and may even become life-threatening.

It is important to note that not all symptoms are attributable to lupus. Some may arise from comorbidities, medication side effects, or other conditions.

Common Symptoms⁴⁻⁵

Lupus can affect any part of the body – however, not everyone experiences the same symptoms.



Neurological

- Headaches or migraines
- Dizziness, confusion or memory problems



Muscles & Bones

- Muscle weakness
- Stiffness in joints
- Aching muscles



Blood

- Bleeding or bruising easily
- Infections



Eyes

- Dry eyes
- Eye redness



General

- Fatigue
- Fevers
- Weight change
- Poor appetite



Skin

- Rashes
- Sensitivity to light
- Mouth or nose sores
- Hair loss



Respiratory

- Chest pain when taking a deep breath

Important signs to watch for

Some symptoms are less common but can signal more serious complications.

Talk to your doctor right away if you experience:



Chest pain or shortness of breath



Sudden changes in vision or speech



Frothy or bloody urine & swelling in legs or feet

Are my symptoms caused by lupus?

Recognising symptom patterns can provide a more accurate assessment of your condition and guide ongoing management.

If you notice symptoms that are interfering with your daily life, it's important to speak with your doctor.

They may ask about:

- when your symptoms began and how long they last.
- how they impact your day-to-day life.
- any other health conditions, medications, and allergies.

Keeping a record of your symptoms – in a notebook or on your phone, may support you during your doctor's visit.



Track your symptoms here:

Blank lined area for tracking symptoms.