

# LIVING WITH LUPUS



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Bay Area Health & Wellness Expo

LET'S  
**TALK**  
ABOUT IT

Cold weather can significantly affect individuals with lupus. Winter is an especially difficult time of year for many lupus warriors.

## How does cold weather impact lupus disease activity?

Cold temperatures could be causing painful flare-ups as blood vessels constrict in the cold to prevent heat loss. As blood vessels get smaller, the pressure increases in the head, joints, and limbs. This increased pressure restricts blood flow to the fingers, toes and extremities. Many people with lupus already have restricted blood flow, especially if they are experiencing Raynaud's, and this blood vessel constriction can cause a minor type of frostbite. As the tissue in the fingers and toes are starved of oxygen, they become damaged and begin to hurt badly.

## How do you avoid flares in winter?

There is a lot that you can do to protect yourself from lupus flares this winter. The most important that you can do to battle the cold weather is keep warm, dressing in layers, turning up the thermostat of your home, protecting exposed skin when going outside, drinking warm liquids can keep your body temperature up. You should cover your hands and feet with warm gloves and socks and avoid going outside when possible.

For more information go to <https://lupuscorner.com/cold-weather-symptom-flares-and-lupus>