



This Month: **Dr. Brenda Montané, M.D.**



This month, the Dorough Lupus Foundation's Support Group welcomed back **Dr. Brenda Montané, M.D.** a Nephrologist with over twenty years of experience. Currently practicing at The Nemours Foundation in Orlando, FL in the Nephrology Division, Dr. Montané's area of practice is General Pediatrics and Pediatric Nephrology. She is a Co-Principal Investigator in Multicenter Study to evaluate pharmacokinetics, dose response, effectiveness, and safety of Toprol XL in pediatric subjects. Dr. Montané has been honored for "Best Doctors in America" in 2002, 2003, and 2004, and is an author of numerous published books and articles. She continues to be, not only a caring doctor to Lupus patients, but also a partner and a friend. The visit by Dr. Montané was certainly a rare treat. Dr. Montané openly spoke about the name behind the disease, the advancement of medicine,

and what you can do to make living with Lupus less difficult.

The Name behind the Disease

The word Lupus comes from the Latin word meaning wolf. "The term has been associated with the disease since the 10th century" (Lupus Foundation of America, Inc.). Dr. Montané stated that the analogy of a wolf greatly explains the disease Lupus, because like a wolf, Lupus appears to be one thing, but turns out to be another. She affirmed that Lupus is a Rheumatic Disease - a multi-organ disease - in which the immune system becomes hyperactive and attacks normal tissue, which in turn results in inflammation and brings about symptoms. Dr. Montané acknowledged that there are many things that may trigger Lupus in a susceptible person. For instance, it could be *hereditary, infection induced, drug induced, or environmentally induced.*

Types of Lupus are:

Cutaneous Lupus: ACLE, SCLC, CCLE, or DLE
Systemic Lupus: SLE

Drug- Induced Lupus
Overlap: RA, Myositis,
Sjogren's, Scleroderma
Neonatal Lupus (rare)

In addition, Dr. Montané had a question/answer session to display how Lupus symptoms range widely depending on the individual and the form of Lupus that they have been diagnosed with. She further stated that a person needs only four of the symptoms listed below to be diagnosed with Lupus and that the symptoms must linger - they are not short-term symptoms.

Many Lupus patients do not experience all of these symptoms. The list below only serves to alert people to clues that might indicate the presence of lupus in an undiagnosed person.

Symptoms of Lupus are:

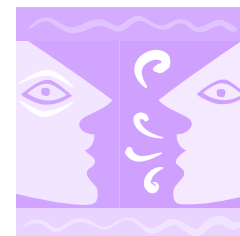
- ✘ Achy or swollen joints
- ✘ Persistent fever over 100 degrees
- ✘ Prolonged, extreme fatigue
- ✘ Skin rashes, including a butterfly shaped rash across the cheeks and nose
- ✘ Pain in the chest on deep breathing
- ✘ Anemia

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Upcoming Meetings

October 23, 2007

November 27, 2007



Meetings are held the fourth

Tuesday of every month at

Arnold Palmer Hospital

Classrooms 1 & 2

92 W. Miller St.
Orlando, FL 32806

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- ✘ Excessive protein in the urine
- ✘ Sensitivity to sun or ultraviolet light
- ✘ Hair loss
- ✘ Abnormal blood clotting problems
- ✘ Fingers turning white and/or blue in the cold
- ✘ Seizures
- ✘ Oral Ulcers
- ✘ Serositis
- ✘ Renal Disorder

Dr. Montané also explained that every Lupus patient's case and condition is different from the next Lupus patient's case and condition; because, in each case the trigger of Lupus is different, the organ affected is different, and therefore each diagnosis will be different. This puzzle keeps the medical world busy on finding a cure. However, each year they are getting closer.

The Advancement in Medicine

With the passing of centuries, the medical world has come far in the prognosis, diagnosis, and treatment of Lupus. Dr. Montané used slides (with sources from The American College of Rheumatology) to give factual evidence of this medical progress in Lupus. One example illustrated was Lupus Nephritis.

Lupus Nephritis is among the most serious manifestations of Lupus where the kidneys become weak, damaged, or in worse cases, kidney failure. Relating to the kidneys, Dr. Montané presented how early prognosis and treatment are the key elements to healthy renal (kidney) life. She further affirmed that as of 2007-2008, the classification of Lupus Nephritis is becoming even better because more doctors (nationally and worldwide) are able to communicate on the same board so-to-speak. Dr. Montané demonstrated how in Childhood SLE, progression to renal failure is high; but to date, the saving of kidneys in children is almost to 75%. A great step forward!

The two major forms of Lupus treatment that Dr. Montané talked about was steroids and cytotoxic drugs. These two treatments are the most liberally used within the medical field. Mycophenolic Mofetil Treatment (MMF) is a form of treatment that directly suppresses antibody formation of B cells in Lupus patients. Dr. Montané stated that the doctor has to specifically select the patient for this form of treatment. This brought the support group discussion to the final point of the evening - how to live with Lupus.

Living with Lupus

Dr. Montané greatly emphasized how unified doctors, improved medicine, and better research can only go so far in the betterment of Lupus. She stated that the patient has a lot to do with the condition either becoming better or worse. A point that Dr. Montané stressed as being one, if not the **most**, important in helping a Lupus patient is learning how to maintain Lupus. Because once you learn how to maintain

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Don't Forget...

**October
is
Lupus
Awareness
Month**



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Lupus, you can control it; and thereafter, it no longer controls you.

Some Lupus maintenance points brought out at the support group were:

- ✧ **Maintain a healthy, well-balanced, diet** this will assist in keeping the body in optimal health and strengthen the immune system. Dr. Montané suggests trying organic products - it is better for you and the ecosystem!
- ✧ **Get plenty of rest.**
- ✧ **Take your vitamins.**
- ✧ **Exercise** exercise in moderation and avoid exercising to the point of exhaustion. This will help you function better and improve fatigue.
- ✧ **Have the right attitude.**
- ✧ **Get knowledgeable about your disease.**
- ✧ **Become a partner with your doctor, not just a patient.**

Remember, living with Lupus can be a struggle, but it is not impossible. Do the research and gain knowledge. Moreover, always spread the word; awareness is the first key to open minds. Truly, "knowledge is power."

Important/Interesting Points

Eating Healthy When You Have Lupus, by Kristine Napier, MPH, RD.

Affordable Organics?? Take a peek inside of Trader Joes www.traderjoes.com - check the site for a location near you! Or stop by your local Wal-Mart; many Wal-Marts are now offering affordable organics.

The message of Lupus awareness is getting across the waves!!! It's good to hear that Hawaii has joined the nation in recognizing October as "National Lupus Awareness Month." To read more, go to <http://www.hawaii.gov/gov/news/proclamations>

YOU CAN MAKE A DIFFERENCE!

Find a way to show your support for finding a cure and educating people about Lupus. For the month of October, wear a pin, bracelet, shirt or hat that has "LUPUS" on it. Many people have heard of Lupus, but don't really know what it is. Wearing those items gives people a chance to ask questions find out more. One simple word can cause such fear and devastation. By showing your commitment during the month of October, this word will represent hope and education! Better still...why just one month?

For a limited time the DLF Gift Shop is offering a 2-for-1 special on many items! Stock up on your items before October,

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November 27, 2007



December 15-22

- ✧ Port Canaveral, FL
- ✧ Cozumel
- ✧ Belize City
- ✧ Costa Maya Nassau

For more information visit:

http://www.doroughlupusfoundation.org/files/Dorough_Lupus_07.pdf