

## **TIPS FOR PATIENTS WITH VASCULITIS**

Adapted from article in Lupus Newsletter, Spring 1998

**Each case of Vasculitis is different** – Get to know your disease

**Build an honest and open relationship with your doctor.** It takes time to find the right medication and the dosage that works best to control your situation

**Do not play with medications!** Learn about them, the purpose for taking them and the side effects that you might encounter. Discuss this with your doctor and pharmacist.

**Be honest with yourself and others.** “Fine, thank you” is not always appropriate. “Off day” or “Sorry, I can’t go out today” may be more applicable.

**It is normal to grieve the loss of the “old” self.** Learn to come to terms with your disease. Try to befriend it, not deny it.

**Give yourself permission to be depressed for short periods of times.** Develop a sense of humor and a positive attitude, and then get on with living!

**Pamper yourself!** This is your chance to sit back and let others do things for you. At first it is difficult to say, “Please, help me” but it gets easier with practice. Patience is an asset.

**Keep a journal of symptoms, medication dosages and their side effects, plus your feelings.** It will come in handy each time you visit your doctor.

**Seek a support group.** It is helpful to talk to others who have been through similar experiences to yours.

**And remember...You are not alone!**