



MEDICAL CONDITIONS

TIPS FROM CELEBS LIVING WITH LUPUS

Seal, Selena Gomez and Beethoven have fame and talent in common. But what you mightn't know is of their shared experience with lupus, a chronic autoimmune disease in which the immune system is overactive and attacks the body's normal cells.

The condition comes in different forms and – due to its wide-ranging symptoms that can mirror those of other illnesses – can be a challenge to diagnose. Some of the commonest symptoms include fatigue, joint pain, fever, a butterfly-shaped facial rash, skin lesions and dry eyes.

To mark this year's World Lupus Day (May 10), we've pulled together this collection of celebrity stories, some of which include tips the stars have shared about living with the condition.

Shannon Boxx, former American soccer player and Olympic gold medallist

Boxx's diagnosis came in 2007 when she was representing the US National Team. According to CNN, she experienced severe fatigue, plus joint and muscle pain after training sessions and, in addition to lupus, the athlete has the autoimmune disease Sjogren's syndrome. Speaking to CNN in 2012, Boxx offered advice to those in a similar health position: "I believe it's very important to have a support system ... that understands what you are going through.

I think it's important that you have someone who understands that you can feel good a majority of the time but are there for you when a flare-up happens. I also believe it's important to stay active, whatever level of activity feels comfortable to you ... I haven't let this disease stop me from doing the sport that I love."

Selena Gomez, American singer and actress

In a 2015 interview with *Billboard*, the star spoke publicly about her battle with lupus, including the chemotherapy she had undergone to treat the condition. In 2017, Gomez also opened up on Instagram about her kidney transplant which she needed, again, as a result of lupus. "It was what I needed to do for my overall health," she wrote.

Seal, British singer-songwriter

Seal reportedly has discoid lupus erythematosus (DLE), a type of lupus that affects the skin. According to Healthline, signs of his condition first emerged as facial scarring at age 23.

Beethoven, German composer and pianist

It was suspected the late 18th- to early 19th-century musical figure had systemic lupus erythematosus (SLE), the commonest form of lupus, according to writings about him, cited by the UK Lupus Trust. SLE can affect the whole body, including the skin, brain, kidneys and joints.

Michael B. Jordan, American actor and film producer

Jordan's mother has lupus and in a 2014 interview with *ESSENCE.com*, the actor highlighted the importance of gratitude: "My mom has lupus. She's always smiling even when I know she's not feeling her best ... It reminds me to be grateful. Same thing with my Dad. He's a diabetic and has complications with that from time to time. Being grateful for the things I have, family that I have around. It always kind of puts things in perspective for me."