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Youth + Lupus = Fabulous!

According to the Lupus Foundation of America (www.lupus.org), over 1.5 million Americans and over 5 million people worldwide, suffer from lupus, which is a devastating and incurable illness. Almost all of these people were and are diagnosed as teenagers or young adults. Millions of young people have this unpredictable and confusing disease during the most unpredictable and confusing time of their lives. For those with lupus, the situation may seem hopeless and that having a successful life may seem completely out of reach.

“Yet, young people with lupus can have a fabulous and fulfilling life”, say authors Jodie Nimigon-Young and Jessica Kundapur. Jodie was diagnosed with lupus when she was 13 and Jessica was 26. Like so many other youth with lupus, both were bright and ambitious, but they were unsure exactly how they could accomplish their dreams while living with lupus. They looked for inspiring and helpful information geared for young people with lupus. Finding nothing, they co-wrote *Fabulupus: How to be young, successful and fabulous (with lupus)*.

Jodie, despite having multiple bouts of severe flare-ups, finished a Masters degree in social work and now works in health care, as well as being a community lupus leader. She says: “When you are diagnosed with lupus, sometimes the only focus is on the medical side, which, of course, is important, but it’s not the whole story. Even though they have to deal with their disease, young people also still have to deal with their homework, their friends, their parents and figure out a career path”. She adds, “No one really talks about it, but there are many strategies and tips that young people with lupus can use to help them still finish school and do interesting work”.

“Young people with lupus need to know that there are many amazing opportunities for them and that they can create unique goals”, says Jessica, who also finished a Masters degree in Biology and has traveled and lived all over the world with lupus. She adds, “Even with an unpredictable illness like lupus, there are lots of ways to creatively have a fun social life and do cool activities. There are lots of ways to have lupus and still make your dreams come true. We know for sure because we have both lived fabulous and successful lives with lupus”.

Media: Contact either author for interview or review copies. Visit www.fabulupus.com for more information. The book can be purchased on Amazon.com.

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