



This section covered Chapter 2 of the **Managing Your Lupus** presentation, which was about the importance of patients taking an active role in managing their lupus. You received tips on how to maintain open lines of communication and information that may help patients take better control of their life with lupus.

Use the section below to note how you would address the concerns of patients like Eric, Sara, and Lily.

## LET'S PRACTICE

Eric believes there is nothing he can do to manage his lupus. **How would you help him feel more confident in taking a first step?**

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**Tip:** Review **Slides 2.5-2.11**. Also consider what resources may be helpful.

"I don't know why I have to bring anything to my appointment," says Sara. **How would you respond so that she understands how sharing information with her healthcare team may help improve communication?**

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**Tip:** Use the information on building better communication on **Slides 2.12-2.18** to guide you.

Lily doesn't tell her doctor about all her lupus symptoms, only the ones that bother her the most. **How would you get her to open up and share more with her doctor?**

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**Tip:** Review **Slides 2.22-2.25**. The tips for keeping the lines of communication open may help as you craft your response.

