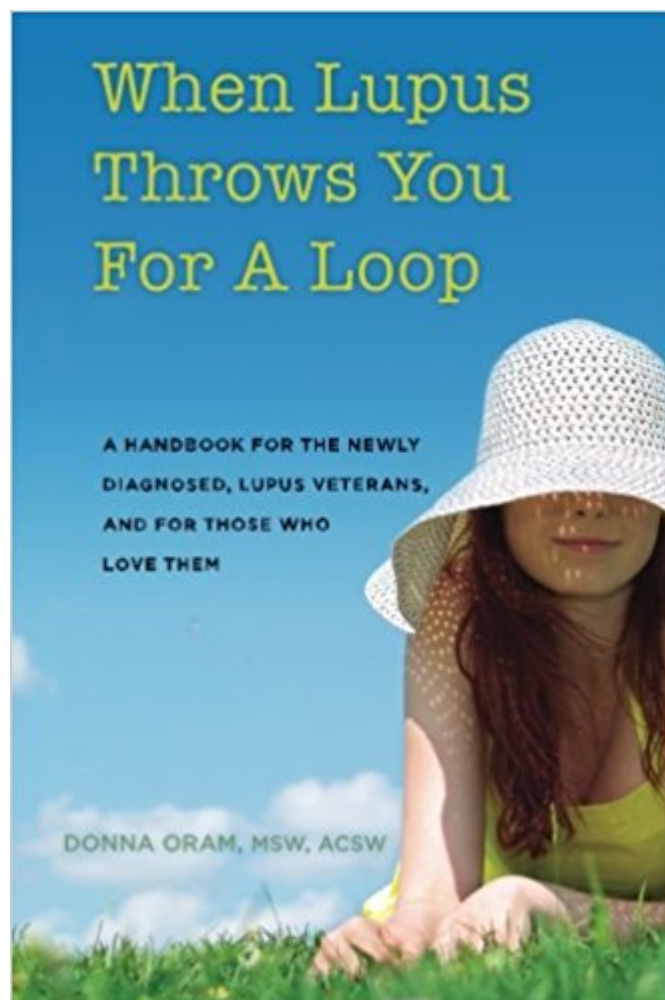




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# When Lupus Throws You For A Loop: A Handbook For The Newly Diagnosed, Lupus Veterans, And For Those Who Love Them



## Synopsis

When Lupus Throws You for a Loop is a handbook for those newly diagnosed, lupus veterans, and those who love them. It takes you on a journey to acceptance acknowledging the difficulty of incorporating lupus into your life. You learn ways to communicate effectively, live with unpredictability, imperfection, stress, and loss of control. You learn to read your body's signals, enhance your relationships regarding intimacy, and increase your positivity and resilience. The book explores the various types of impact lupus has on adolescents and adults as well as the relationships of your significant others. You learn to feel confident, proud, strong and empowered. You learn what it is to be a true warrior of lupus. One year after being diagnosed with lupus, the author earned a master's degree in social work. Rather than focus on the negativity of her diagnosis, Donna Oram decided to volunteer and work in the lupus community for twenty-plus years mentoring positive attitudinal changes. The book is interspersed with personal and professional experiences Donna encountered. Her vast knowledge, insight, and empathy for those who have lupus and those who love them guided her desire to help. She has "walked the walk."

## Book Information

Paperback: 126 pages

Publisher: CreateSpace Independent Publishing Platform (February 3, 2017)

Language: English

ISBN-10: 1537570188

ISBN-13: 978-1537570181

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #509,550 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #289 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

## Customer Reviews

At the age of forty-five, Donna B. Oram, MSW, ACSW, decided to return to school and earn a master's degree in social work. Halfway through, she applied for a summer job and flunked the required physical. Ten days later, she was told by a rheumatologist who remains her doctor to this day, "You have lupus." Donna graduated with a social work degree the following

year and worked twenty-four years as a hospital social worker. While she loved her job, Donna wanted more. She made a decision to take her negative feelings about lupus, change them into positive ones, and help others who also had the disease. Donna became involved with the lupus community by volunteering and working twenty-plus years for Michigan Lupus Foundation. She used her social work training, her experience, and her positivity to help people with lupus cope. Donna is now retired and lives with her husband in a Detroit suburb. Her children and grandchildren live nearby.

Lupus also known as SLE is an auto-immune disease that people are not too aware off compared to similar diseases such as arthritis. Lupus flare up can be painful for those who have SLE. This book covers all the needed topics for both the patient, family & friends enabling them to cope well with this disease. It explains how a Lupus patient can still keep living a "normal" life - how they incorporate and acknowledge the difficulties that they may come in life due to this disease. It helps you keep motivated while providing the impacts of Lupus and how to survive it. How to be Lupus warrior. It provides the inspiration to walk the walk for lupus patients.

Good to hear from actual people like me with Lupus.

I highly recommend this book for those living with Lupus, especially for newly diagnosed individuals and their loved ones. Ms. Oram writes in such a down-to-earth, relatable manner - she doesn't talk above you, as some of the more clinically-focused literature tends to do. This is a great read with practical advice and anticipatory guidance.

I just read your book and I cried, laughed and wished I had it many years ago. I felt you were talking just to me while I read it. I was diagnosed 35 years ago when the outlook was grim but never thought of it because I was too busy raising my son. I had to depend on the information I received from the Lupus Foundation and searching periodicals to learn. Thankfully since then we've learned a lot about lupus. It will be life changing for anyone who reads it. I will keep your book and re-read it then when someone asks me to talk to someone they know I will pass it on and of course buy another! Thank you for writing your book and sharing your wisdom! Linda McDougall Meerdo

This book is fabulous for everyone. Not just people that have Lupus or friends and family members. So much applies to "all" of us and dealing with life. So many POSITIVE words for us to "all" live by.

One can relate to everything Ms. Oram states. So, helpful in opening my eyes to things we meaningful say BUT not interrupted the way we meant it to be. Once again, " you can NEVER judge a book (or person) by it's cover".Thank you Ms. Oram for taking your time and total honesty, in writing this book!!!!ShelleyÃfÂçÃ Â•Ã Â»

I was diagnosed with lupus after a dermatology appointment earlier this summer. It was quite the surprise. I read this book a a road trip this past week and it has answered so many of my questions and gave me ideas in things to discuss with my rheumatologist.

Like many of you, I never gave Lupus a second thought until I read Donna Oram's wonderful book. She doesn't talk to, she speaks with the readers, and specifically with people with Lupus, with "significant others", relatives and family members of those with it who need to understand and tolerate the pain those with Lupus have. She taught me that a half-million people in the world have it... so one of your friends probably has it.In summary, as an author myself of three books, I give this book 11 stars on a scale of 1-10!You MUST read it and share it with others!Elliot Michael Gold, Author

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