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## Controlling Stress can Combat Chronic Diseases Like Lupus



A study conducted in the Department of Medicine at the University of Granada determined that daily stress could exacerbate the symptoms of patients suffering from lupus.

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In other words, controlling the stress level of those suffering from this disease allows the determination of its negative effects, such as inexplicable loss of weight, feeling of fatigue, continuous fever or pain and

inflammation in joints.

Lupus is an autoimmune disease which produces antibodies causing injuries to the body's cells and tissue. It makes the immune system go out of control and the organism attack healthy cells instead of the germs on them. This pathology, which affects more than 5 million people around the world, is more developed in women of fertile age between 15 and 44 years old.

The study, carried out by Dr. Nuria Navarrete Navarrete and led by

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researchers Juan Jiménez Alonso and María Isabel Peralta Ramírez, aimed to check the effects of stress treatment in patients suffering from lupus and with high levels of stress. A team of psychologists from the University of Granada applied a therapy to fight stress in a group of 45 patients suffering from lupus to teach them how to manage their stress to reduce the negative effects of this disease.

Results showed that patients who received psychological therapy significantly reduced their levels of stress, anxiety and depression, achieving levels even lower than those of the general population. Furthermore, they significantly improved their quality of life both at a physical and psychological level and presented fewer skin and muscular skeletal symptoms, which usually appear in patients suffering from lupus.

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