

**FROM:**

**DATE:**

**TO:**

**MY CHILD'S INFORMATION:**

Greetings,

My child has been diagnosed with a chronic disease called lupus. My child's doctor and I have concerns about how his/her lupus may affect his/her ability to succeed in class. I would like to arrange a meeting to discuss how we can work together to manage my child's lupus while he/she is at school and create the necessary conditions for him/her to succeed.

In lupus, something goes wrong with the immune system. This can cause inflammation, pain, and damage to any organ in the body. It is not contagious, but it can have serious health implications for the person diagnosed with the disease. I work with a rheumatologist to manage my child's lupus with medications, but there is no cure. My child often experiences fatigue caused by lupus. He/she must get more rest than the average child every day to combat this extreme tiredness.

My child also experiences joint pain, fevers, and rashes caused by lupus. Some of these symptoms are not visible, which means that he/she might be feeling sick even when he/she doesn't look sick. At times he/she may experience a flare—a period when his/her lupus becomes worse and he/she has more symptoms. Flares are dangerous for a person with lupus because they can cause organ damage. If no one catches the flare early, it can result in hospitalization or even death.

It is important that my child get a lot of rest to avoid a lupus disease flare. This can mean that assignments take more time for him/her to complete than they take for his/her peers. He/she needs regular doctor appointments to monitor his/her lupus, which can sometimes call for absences from school. Additionally, my child's immune system is weakened by the medications he/she takes to manage his/her lupus. This means that he/she is more likely to get sick when there is a sick student in the classroom. He/she also has sensitivity to sunlight—if he/she goes outside for physical education class without sun protection, he/she is at higher risk of having a flare.

I believe a meeting at which we are all present would be an excellent opportunity to discuss my child's lupus and create a plan for protecting his/her health at school. I can be reached at my phone number above; otherwise, I will follow up with a call this week to discuss meeting arrangements. Thank you, and I look forward to speaking with you all in person.

Sincerely,

