Lupus is a chronic and complex autoimmune disease occurring predominantly in women and often manifests itself through fatigue, joint pain, arthritis, rashes, and fever. A patient’s antibodies and other immune cells attack his or her own body in lupus, leading to inflammation, irritated blood vessels, and tissue damage. Most often the skin and joints are affected. But because organs such as the kidney, lungs, heart, and brain can also be damaged, it is critical to spot and manage this disease early.

The clinical Yale Lupus Program is dedicated to diagnosing and managing lupus with state-of-the-art tools, treatments, and strategies. We tackle even the most difficult forms of the disease to diagnose and treat. Our mission is simple: to improve the lives of people with lupus.

Dr. Fotios Koumpouras directs patient care in the Yale Lupus Program. The expertise of his team is grounded in the pioneering basic research of Yale’s internationally recognized laboratories in rheumatology and immunobiology. It is further bolstered by knowledge gained from the team’s clinical research, aimed at elucidating the complex mechanisms of lupus.

Patients who come to Yale benefit from world-class care. The Yale Lupus Program takes an interdisciplinary, team approach to care, drawing upon the expertise of diverse Yale clinicians including nephrologists, dermatologists, endocrinologists, maternal-fetal medicine specialists, psychiatrists, neurologists, pulmonologists, and cardiologists in recommending and delivering care. Additionally, because the program participates in clinical trials of innovative new lupus treatments, our patients have access to some of the most advanced treatment options available in the world.

Patients receiving a diagnosis of lupus benefit from expert medical care at Yale and from the guidance offered by our Lupus Wellness Program. This educational program has been designed to help
optimize care outcomes. The program helps patients understand their condition, treatment options, and care plan. It enables them to be informed decision makers and actively participate in their care. In short, the Lupus Wellness Program provides valuable insights on how to live with lupus.

Another key component of the Yale Lupus Program is the Lupus Transition Program, which helps young adults with lupus transition from Yale’s pediatric rheumatology clinic to our adult lupus program. We strive to ease their anxieties about changing doctors and encourage ongoing education about their disease.

**Goal**

- To offer patients state-of-the-art care for lupus that incorporates their goals, includes them in decision making, and maximizes their recovery.

**Impact**

- The Lupus Wellness Program has enrolled dozens of patients.

**Leadership**

**Fotios Koumpouras, MD**

Dr. Koumpouras is an assistant professor of medicine in the Section of Rheumatology in the Department of Internal Medicine at the Yale School of Medicine and the director of the Yale Lupus Program. He has expertise in the diagnosis and management of lupus and pregnancy in women with lupus, and engages patients and their families in decisions about their health. Dr. Koumpouras is the director of clinical research for the Yale Lupus Program and conducts clinical trials to improve lupus treatment.

**You Can Make a Difference**

Generous gifts are making these accomplishments possible. But much more needs to be done. Your philanthropy can help improve the care and treatment of people with lupus. To learn more, please contact Erin Shreve in the Office of Development at (203) 436-8529 or erin.shreve@yale.edu. Thank you for your interest in partnering with us.