

Mayo Clinic Minute

Cranberry Juice, Lupus

Video

Audio

	<p>Two cups of cranberry juice could be really good for your heart. So say researchers from Germany. Hi I'm Vivien Williams with your Mayo Clinic Minute.</p>
	<p>Cranberry juice contains heart-healthy polyphenols, which may protect the circulatory system and reduce your risk of atherosclerosis, or clogged arteries. They also says cranberry juice may be good for kidney function.</p>
	<p>Now let's talk about Lupus. It happens when your immune system attacks your own body. Lupus can affect your joints, and organs, and cause fatigue, and the telltale symptom is a butterfly-shaped rash on both cheeks.</p>
<p>Thomas Osborn, M.D. Rheumatologist Mayo Clinic</p>	<p>"We kind of think of it as a lifelong disease. I think there are periods when it's very active and periods when it's hardly active."</p>
	<p>Mayo Clinic rheumatologist Dr. Thomas Osborn says lupus can be tricky to diagnose because it mimics other diseases. Treatment is key to staying healthy, so see your doctor if you develop an unexplained rash, ongoing fever, persistent aching or fatigue.</p>
<p>Vivien Williams</p>	<p>For more health news visit the Mayo Clinic News Network.</p>