

## Health



Anoop Kuttikat

## Tackling lupus: the 'invisible' disease

**L**upus is an often invisible disease that can cause a variety of problems. Extreme fatigue and joint pains are the most common. A rash that gets worse in the sun, excessive hair loss, dry eyes, dry mouth and mouth ulcers can also be caused. None of these is specific to lupus and hence there may be a delay in diagnosis by the GP.

In some, lupus is relatively mild while in others, it is a severe, debilitating illness and can damage organs including kidneys, lungs, heart and brain. Its severity can fluctuate, causing flare-ups.

Systemic lupus erythematosus (SLE) is the official name and the term 'discoid lupus' is used for lupus affecting only the skin.

Lupus is an autoimmune disease. This means that your immune system, instead of fighting infections, starts attacking your own body by mistake. The specific reason why the immune system behaves in this abnormal fashion remains unclear.

Around 1 in 1,000 people in the UK have lupus. It mainly affects women aged 15-55, although it can occasionally affect men and other age groups as well. It occurs more frequently in persons of African-Caribbean or South Asian ancestry. Genetic factors are important and lupus patients usually have family members with an autoimmune disease such as arthritis or thyroid problems.

Your GP will organise blood tests and consider referral to a specialist (consultant rheumatologist). Treatment usually starts with a hydroxychloroquine tablet and low dose steroid (prednisolone). Other medications that modulate the immune system are also available.

Patients should adopt a healthy lifestyle, including a well-balanced diet, avoid direct sun exposure, pace daily activities and try to maintain a positive outlook.

It is possible to have healthy pregnancies if you have lupus although the risks (for example premature babies and miscarriages) are higher. You should work closely with your doctors before and during pregnancy to reduce the risks.

Although there is no cure for lupus yet, effective treatments mean that unlike in the past, most lupus patients can now look forward to a normal life span.

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# Henry Moore makes a return as college marks 250th year

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Homerton College has unveiled a major sculpture by Henry Moore as it prepares to celebrate its 250th anniversary next year.

The sculpture was revealed by college principal, Professor Geoff Ward, and head of collections and exhibitions at the Henry Moore Foundation, Sebastiano Barassi, on Friday (October 27).

Speaking at the event, Prof Ward said: "I like paradoxes, because paradoxes are true. It is a paradox that we are Cambridge's biggest college, but we are still renowned for being the friendliest. It is a paradox that we are Cambridge's newest college – but that we're celebrating our 250th anniversary. It is a paradox, perhaps, that we will mark 250 years of Homerton's past by celebrating its present and promoting its future."

"The past is a guide and an inspiration, but not what we are primarily concerned with."

**“We are doing this because Homerton has something to offer the world that is unique. We will bring the public into the college and show them who we are**

**Prof Geoff Ward**  
Homerton College

Homerton College has a rich and interesting history, and a mission – to serve the needs of society through education – that is as important today as it was in 1768.

With its first premises in London, the college has always had strong ties to public service as well as academia, and over the years has educated alumni of considerable influence, including prominent dissenting thinkers, educationalists, politicians and missionary explorers. It was re-founded as a college of the University of Cambridge in 2010.

Prof Ward continued: "Homerton was founded by dissenters, nonconformists, people who were dissatisfied with the status quo and thereby achieved progress, as we are and do today. So, we are celebrating our birthday, but not simply to congratulate ourselves on our great age. We are doing this because Homerton has something to offer the world that is unique, and comes from that paradox: a new college, friendly and experimental and confident, but with 250 years of wisdom to bring to the task."

Over the course of next year, the college will host several events for both the staff and students, and for the wider community, culminating in a one-day public festival with music, theatre, workshops and exhibitions on



Homerton College principal Prof Geoff Ward, right, with Sebastiano Barassi from the Henry Moore Foundation at the unveiling of the sculpture  
Picture: Richard Marsham



The Queen Mother visits Homerton in 1957



The Homerton Bell, originally from the London college

Picture: Rebekah Clayton/Homerton College

foundation day – October 27, 2018. This will be followed by a closing concert in November.

Prof Ward said: "We will bring the public into the college and show them who we are and what we do. We will bring our former students back and show them how we've changed. We will explore the research questions that our academics and our students are engaged in, and we will explain why it matters to the world. To that end, we will ask three burning questions, all focused on the future."

The questions are: What is the future of healthcare? What does it mean to be human? And how do we drive change?

"Universities like Cambridge exist to ask questions. As Cambridge's biggest and newest college, Homerton

provides a unique environment to explore them," said Prof Ward.

The huge fibreglass Henry Moore sculpture that now sits outside the college is titled Locking Piece – and is being displayed on a long-loan from the Henry Moore Foundation in Perry Green, Hertfordshire.

Prof Ward explained: "When I arrived first as principal five years ago, the archivist showed me a black and white photograph from the mid-1960s of a young woman standing next to him smiling at a sculpture by Henry Moore. The idea lodged in my mind that although that particular sculpture was no longer on the college grounds – wouldn't it be great if the opportunity arose to get a 'new' Henry Moore."

He continued: "The reason it's

called Locking Piece is that the sculptor was walking along the beach and found a broken pebble, which he thought was interesting and tactile. Then he found another piece of stone or pebble and he put the two together and they slotted into place, so he blew this up to very large dimensions and turned it into a sculpture.

"I think there is something which tells us something about Homerton College there – that you put things together that you don't expect to go together and they lock or make a new hole, and that's how ideas are born in students' minds and researchers' minds because what we're about, as part of the great University of Cambridge, is research, teaching and the future."

■ Visit [homerton250.org](http://homerton250.org).