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Radical treatment may cure lupus

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CHICAGO (AP)—It was considered incurable, the sometimes crippling disease called lupus. But doctors who destroyed Heather Markel's immune system and then revived it say she may be living proof otherwise.

Dr. Richard Burt at Northwestern Memorial Hospital said Friday that Markel, 24, has no signs of lupus in her system two months after undergoing the radical process.

"This is much more than you would expect from a normal remission," he said. But he acknowledged what other experts emphasized — that it's too early to tell whether the disease will return.

"We're just going to have to continue to follow her," Burt said. "But at least we have a short-term remission with no evidence of disease."

Lupus makes a victim's immune system turn against its own body. The disease can be controlled with steroids and other drugs, but no cure was known.

The number of Americans with lupus is dis-

puted. The Lupus Foundation of America, Inc. estimates more than 1.4 million people have it, but government estimates put the number at less than half that.

Burt said destroying the immune system exposes patients to other dangers, so for now only the most severely afflicted lupus patients should receive the treatment — about one percent of people stricken with the disease.

"We are encouraged by any new treatments for lupus but we are waiting for a much wider statistical sample," said John Huber, the Lupus Foundation's executive director.

The process involves taking stem cells, which grow into bone marrow cells, from a patient's blood and purifying them while the patient's immune system is destroyed by intense chemotherapy. The purified cells are then returned so they can recreate the immune system.

Markel, a medical student from Millersburg, Ohio, contracted lupus when she was 11. The dis-

ease attacked her lungs, kidneys, blood and central nervous system.

Doctors had moderate success treating her with steroids and chemotherapy, but she came to Northwestern in January with soaring blood pressure and failing kidneys.

Since the stem cell transplant in April, Markel's kidneys have returned to normal, her strength is back and she has sharply lowered the amount of steroids she is taking.

"I've been doing fine. I think about what it would be like to be normal, not to take medicines," Markel said. "... I don't know really what it's like to not go into the hospital every time you get sick."

Markel is the first patient with active lupus to receive the treatment, Burt said. The process is also being tried on people with multiple sclerosis and rheumatoid arthritis in several hospitals around the world, and doctors hope it may someday be successful against all three diseases.