Mexican League for the Rights of People with Lupus and Other Autoimmune Diseases

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INTRODUCTION

In Mexico, **lupus and other autoimmune diseases are still not recognized with the same status as other chronic-degenerative conditions**, which contributes to their **invisibility, delayed diagnosis, and consequent irreversible organ damage** among those who are not diagnosed in time.

In response to this situation, one of the main goals of **Limdeplu** is to **advance advocacy, legislation, and social recognition**, ensuring that autoimmune diseases are included in public health policies and that the rights of those who live with them are fully protected.

To promote the **Lupus Law Legislative Initiative** for the benefit of people living with lupus and other autoimmune diseases—both at the federal level and in each Mexican state—the **Athié-Calleja Transdisciplinary Studies Center for the Rights of People with Lupus A.C. (CETLU)** founded and coordinates the **Mexican League for the Rights of People with Lupus (Limdeplu)**.

Within this framework, **state-level advocacy teams** have been formed, composed of people with lupus, collectives, associations, medical specialists, and supportive citizens. Today, **Limdeplu brings together 198 people who have decided to exercise agency** (Ahearn, 2001) to learn how to generate change within legislative structures.

AIM

1. **Promote, coordinate, strengthen, and channel the exercise of agency among people living with lupus**, encouraging their self-recognition as active citizens capable of influencing the creation of **contextual, consensual, and relevant legislative frameworks** for the visibility, detection, care, and follow-up of lupus and other autoimmune diseases.
2. **Establish training processes** that provide tools, language, and shared experiences to strengthen the **capacity for action through critical thinking and the social understanding of illness.**
3. **Ensure that the State legally recognizes its responsibility** for the detection, control, and treatment of autoimmune diseases.
4. **Advocate for autoimmune diseases to be granted the same legal status as other chronic conditions**, and therefore **to be included in all programs, initiatives, campaigns, and actions within the National Health System.**
5. **State explicitly in legislation** that there must be **no discrimination**—neither toward autoimmune diseases in comparison with other conditions, nor toward individuals in terms of **diagnosis, medical care, or follow-up.**

METHOD

(See Figure 1, 2 and 3)

1. Integration of state-level advocacy teams
2. Development of participatory local diagnostics
3. Organization of events to promote civic awareness
4. Training and coordination of collectives
5. Establishment of the operational process
6. Drafting of state legislative initiatives
7. Follow-up, advisory support, and coordination of advocacy teams

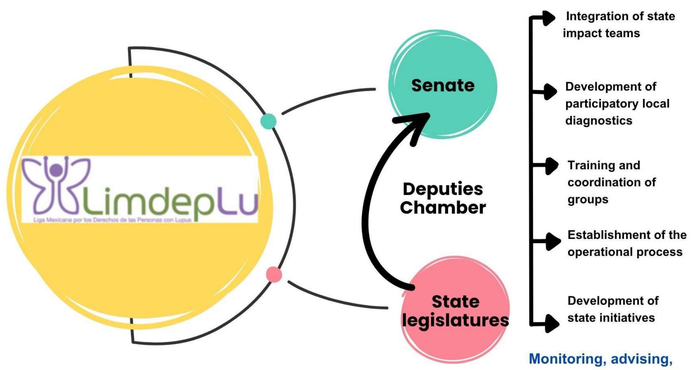

Figure 1. Methodological organization of the Mexican League for the Rights of People with Lupus.

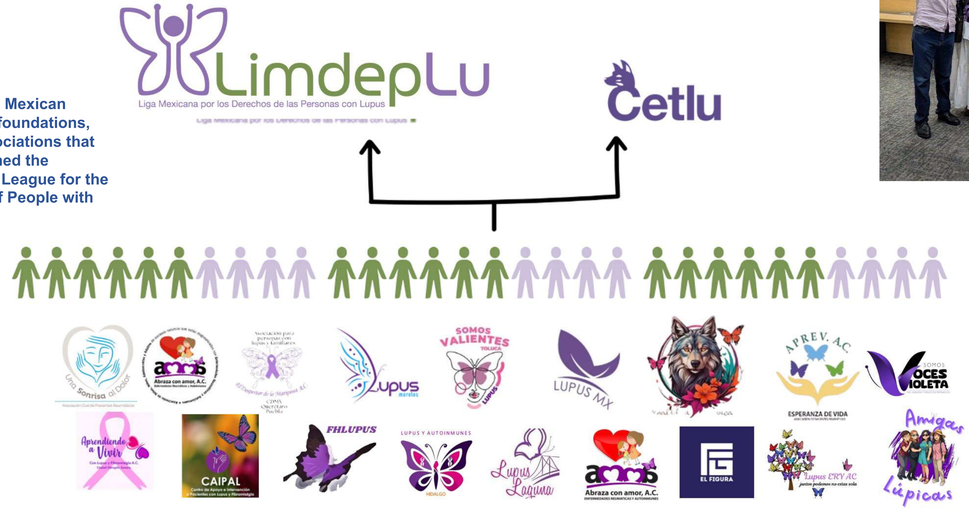

Figure 3. Mexican groups, foundations, and associations that have joined the Mexican League for the Rights of People with Lupus.

Status of Lupus Legislation by State in Mexico

State with approved law	States with a bill submitted to Congress	State with legislative exhortation	States with bills in progress	States with advocacy teams in formation
Puebla	Baja California, Coahuila, Aguascalientes, Nayarit, Colima, Baja California Sur	Baja California Sur	Oaxaca, Guerrero, Hidalgo	Campeche, Quintana Roo, Nuevo León, Michoacán
	Chiapas, Tabasco, Querétaro, Morelos	Chihuahua, Tamaulipas	Sinaloa	Mexico City, Veracruz
	Tlaxcala, Durango, Veracruz		State of Mexico, Yucatán	Guanajuato, Zacatecas, Jalisco

RESULTS

Historic Achievement:

On September 15, 2025, the State Congress of Puebla unanimously approved the **Law on the Detection, Control, and Treatment of Lupus, Multiple Sclerosis, and Other Autoimmune Diseases**, promoted by **CETLU** and presented by Congresswomen **Luana Amador Vallejo** and **Fedrha Suriano.**

Approval of the #Lupus and Autoimmune Diseases Law at the State Congress of Puebla. September 15, 2025.

Federal Initiative:

Presented on November 20, 2024, in the Senate of the Republic by Senator Amalia Medina.

Initiative with a draft decree to amend and add various provisions to the **General Health Law** and the **Federal Law to Prevent and Eliminate Discrimination** regarding lupus and other autoimmune diseases. Submission of **over 31,000 citizen support signatures.**

Delivery of over 31,000 signatures in support of the #Lupus and Autoimmune Diseases Law at the Senate of the Republic. May 29, 2025.

Legislative Outcomes:

- Seven legislative initiatives presented in the state congresses of **Sinaloa, Tlaxcala, Michoacán, Hidalgo, Baja California, Morelos, and Baja California Sur.**
- Presentation of a **legislative exhortation** in the **State Congress of Coahuila.**
- **Nineteen initiatives currently in progress.**
- **Positioning of the legislative agenda on lupus.**
- **Development of a multi-party network.**
- **Incorporation of allied institutions.**
- **The arrival of the "purple wave" to the Senate and State Congresses.**

Delivery of the proposed bill to Congresswoman Gabriela Hernández Islas at the State Congress of Tlaxcala. May 13, 2025.

Transformations in the Lupus Universe:

- Activation of communities
- Creation of new associations
- Expansion of networks and alliances
- Incorporation of a rights-based language
- Contribution of new concepts and categories
- Emergence of new lines of activism
- Positioning of experiential knowledge
- Scientific inclusion of social perspectives

First Walk for All Autoimmune Diseases in Saltillo, Coahuila, organized by the association *Abraza con Amor (Amma)* and advised by CETLU. May 18, 2025.

CONCLUSIONS

The **foundation of the Mexican League for the Rights of People with Lupus (Limdeplu)** has transformed the organization, education, and social activism surrounding lupus and autoimmune diseases in Mexico.

Through the coordination of Limdeplu, **CETLU has established citizen-led processes** enabling lupus communities to influence legislative structures and public policies.

Limdeplu's work has highlighted that, in Mexico, **autoimmune diseases are not yet recognized in their full magnitude**, and that there are significant **gaps, omissions, and inequities**. To address this, the advocacy teams work to **name, make visible, and establish in legislation that there must be no discrimination—neither toward autoimmune diseases compared to other conditions nor toward people in terms of diagnosis, care, and follow-up.**

This effort has led to **four historic achievements:**

1. Formation of a **national civic structure** for the defense of the rights of people with lupus and other autoimmune diseases.
2. **Presentation of a federal legislative initiative.**
3. **Bills submitted in eight state congresses** through a multi-party network.
4. **National visibility of lupus and autoimmune diseases**, grounded in the lived experience, knowledge, contexts, and proposals of those who live with these conditions.

REFERENCES

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