

LET'S TALK LUPUS

February 2023 E-Newsletter

Hello February!

We hope that you have been able to take time for yourself and focus on your goals for this year.

On February 14th, we celebrate Valentine's Day and in some Provinces Family Day is celebrated on February 20th. Take advantage of these days to spend time with loved ones, make memories, and celebrate and/or start family traditions. This month we would like to encourage you to extend to yourself the grace and love that you show others on these special days.

February 28th is Rare Disease Day. This is an important day in which we recognize those who suffer from rare diseases, their families, and their caretakers. Through advocacy and recognition we can generate change and support. For more information or to download graphics for your own Rare Disease post go to their official website. <https://www.rarediseaseday.org>

Our thanks and gratitude to our loyal supporters who through their generous donations help us make an impact within the lupus community.

Help support Lupus Canada by donating below!



DONATE NOW
your gift makes a difference

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Research Funding Programs

Lupus Canada has partnered with the Lupus Foundation of America, Inc. for the fourth year to offer the Lupus Canada Catalyst Grant. The Catalyst grant is intended to help kick start a new project or research idea focused on discoid or systematic lupus erythematosus (SLE). This grant provides support to Canadian investigators to initiate new research ideas and projects and is intended to complement rather than compete with traditional sources of funding such as the Canadian Institutes for Health Research (CIHR).

Applications are due April 14th, 2023 at 5:00PM EST

To learn more visit <https://www.lupuscanada.org/research/research-funding-programs/>



2023 Lupus Canada Scholarship Program



2023 LUPUS CANADA SCHOLARSHIP PROGRAM

LUPUS CANADA
Life Without Lupus

Offering six (6) one-time scholarships of \$2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution.

Applications close on
MAY 31ST 2023

for more information visit
<https://www.lupuscanada.org/news/lupus-canada-scholarship/>

Lupus Canada is pleased to announce that we are now accepting applications for our 2023 Scholarship Program.

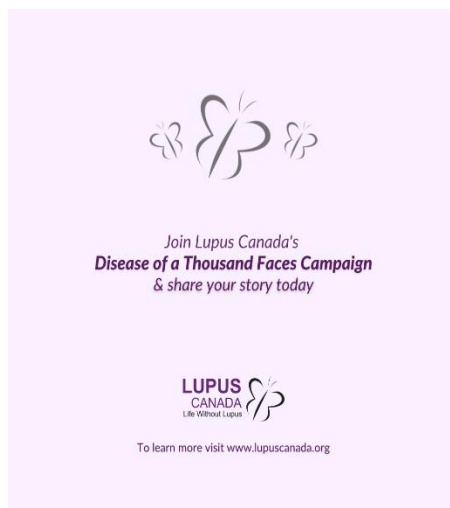
Living with a chronic illness such as lupus is stressful on its own, and with the added stress of school, students with lupus often experience flares which can result in missed classes, lost study time or the need to reduce course load.

A sudden flare can not only jeopardize academic standing but also the ability to maintain scholarships, financial aid or a part-time job. Lupus Canada created our Scholarship program to help students living with lupus to succeed in attaining a post-secondary education. Through the financial support of the Lupus Canada Scholarship, we intend to

recognize and raise awareness of the achievement of students living with lupus who have taken a positive and ambitious outlook in achieving their academic goals.

For more information please visit <https://www.lupuscanada.org/news/lupus-canada-scholarship/>

The Disease of a Thousand Faces



Join Lupus Canada's
Disease of a Thousand Faces Campaign
& share your story today

LUPUS CANADA
Life Without Lupus

To learn more visit www.lupuscanada.org

Lupus Canada is excited to announce that our Disease of A Thousand Faces campaign is now accessible on our website!

Lupus Canada is seeking to gather 1,000 photographs of people living with lupus around the world to raise lupus awareness. Lupus is known as the “The Disease of a Thousand Faces” due to its wide-ranging symptoms and ability to mimic other diseases. Our goal is to create awareness for this debilitating disease so that folks better understand how lupus impacts not only those living with this disease but also how it impacts their family and friends.

Join the movement by taking a picture* of yourself so we can showcase the many faces of lupus. Share this campaign with your friends and through social media. We are also accepting stories of people’s journey with lupus.

Help Lupus Canada reach our goal by emailing a photograph of yourself and your story, should you wish, to ariana.ranjbar@lupuscanada.org or by visiting <https://www.lupuscanada.org/diseaseof1000faces/>.

Don't forget to tag @LupusCanada on social media with #DiseaseofaThousandFaces. Thank you to all who participated by sending in your photos. We are grateful to have received over 250 photographs from lupus advocates around the world.

For more information please visit <https://www.lupuscanada.org/diseaseof1000faces/>

**Lupus Canada will use the pictures and/or stories with the purpose of putting together a poster of all the submissions. Please note that we may also share the photos and stories on social media, on the Lupus Canada website and for other promotional purposes.*



COVID-19 News



Lupus Canada is pleased to share a list of links to the provincial guidelines for #COVID-19 therapeutics as of January 10, 2023

Visit our website for more information

<https://www.lupuscanada.org/news/covid-19/>

The world experienced isolation during the pandemic, and for someone living with lupus isolation continues to be an everyday reality. It is important that we show compassion and understanding for immunocompromised Canadians as they continue to protect themselves from the risks the pandemic still poses.



Learn more: <https://www.healthing.ca/diseases-and-conditions/coronavirus/vaccine-for-coronavirus/immunocompromised-living-with-covid>

CSUN's Fourie fighting through lupus



Rochelle Fourie's family immigrated from South Africa to New Zealand for a better life when she was 4. Now, she's a student-athlete at Cal State Northridge who waited through Covid to get to the US & is finally playing after battling through lupus.

<https://www.cbsnews.com/losangeles/video/csuns-fourie-fighting-through-lupus-a-long-way-from-home/>

Innovation stories from GSK

'The roar I hear is the next stage of the rocket firing': MAPS technology and the new age of vaccine development

Learn more: <https://www.gsk.com/en-gb/behind-the-science-magazine/maps-technology-new-age-vaccine-development-infectious-diseases/?linkId=100000179694775>



5 Tips To Fight Seasonal Depression

How are you doing? The last months have been trying for many of us, and there's every indication that this stressful time is not over yet. With winter at our doorstep, are you among many people who are feeling low on enthusiasm and energy? If so, you may be suffering from seasonal depression.

Here are some tips to keep your spirits up during these difficult times.

Winter is a challenge for some

When you live in a northern climate, it can be difficult to adjust to the typical wintertime changes in weather. For instance, people who are more sensitive to chilly temperatures are



often reluctant to venture outside. Moreover, the cold can exacerbate certain health problems, such as asthma, skin conditions, and some cardiovascular, circulatory and eye problems.

One common winter ailment is seasonal depression, which is also known as “seasonal affective disorder” or the “winter blues”.

The winter blues are real

Seasonal depression is more common than you might think. According to the Canadian Mental Health Association, an estimated 2 to 10% of Canadians are affected. It’s more likely to occur in women than men and is more often seen in young adults. The symptoms are varied and include fatigue, an excessive need for sleep, increased appetite, and impaired memory and concentration.

It’s often difficult to distinguish between seasonal depression and major depression because they manifest so similarly. The seasonal nature of the symptoms is what really sets them apart. It’s a disorder that is characterized by depressive episodes in the fall and winter, and symptoms that stabilize in the spring and summer.

To varying degrees, all of us are affected by the lack of light that results from fewer daylight hours. A lack of enthusiasm or energy, increased fatigue, difficulty concentrating, mood swings, and changes in appetite can be telltale signs. An estimated 18% of Canadians are affected by the lack of sunlight in the winter.

If you think you may have symptoms of seasonal depression, talk to your doctor for a diagnosis.

Solutions

Here are some tips to keep you feeling cheerful and increase your energy levels as the days get shorter.

- Eat healthy. It’s tough to be on top of your game if you aren’t giving your body nutrients that can provide the most energy and vitamins.
- Get moving. Physical activity releases endorphins and activates neurotransmitters that are associated with feelings of wellbeing and pleasure. Additionally, outdoor activities oxygenate your body and get you out in the sunshine.
- Go outdoors often and dress warmly. Take advantage of sunny* days to venture outside!

Soak up some sun... inside your home! Let sunshine in as often as possible (open the curtains wide) and sit near a window.

- Talk to a health professional if you think you have seasonal depression or are affected by the lack of light. They can present the various solutions that are available to you.

Have a happy and healthy winter!

**Please note that for those living with lupus sun exposure can cause rashes (including the butterfly or malar rash) and lesions or trigger flare-ups of the disease that could affect internal organs, so it is important to protect yourself by avoiding the sun or wearing the appropriate clothes to protect yourself.*

Source: <https://www.redcross.ca/blog/2020/11/5-tips-to-fight-seasonal-depression>

Pets, Health Benefits Of Animals & Lupus



“Sometimes it feels like my pet is the only one that understands me,” is a common refrain for many Lupus Warriors. Beyond being good listeners and friends, pets may also offer some health benefits for people with lupus.

You’ll see videos of animals being attentive and helpful to people in need within moments of clicking on to social media. In addition to being adorable, these videos are a reminder of how important animals are in our own lives.

Many different types of animals have been shown to provide comfort and health benefits to people with lupus including:

- Cats
- Dogs
- Horses
- Lizards
- Birds
- Rabbits
- Alpacas
- Guinea pigs

Animals are ideal companions because they are able to sense physical cues associated with pain or stress, such as slight changes in scent or body language. Petting animals is well-known to lower blood pressure and lower the perception of pain. It even has an impact at the neurochemical level.

Having a pet can make it less lonely when a lupus flare keeps you at home. And, the chores associated with pets such as walking, feeding, or grooming add positive motivation to get exercise and do activities throughout the day.

The benefits that animals provide to humans is well studied. However, pet ownership comes with some risks for people with lupus.

Are Pets Safe for People With lupus?

Allergies, disease, and injuries are the main concerns for people with lupus. Doctors and veterinarians alike recommend that people with lupus avoid exotic animals and birds, which cannot be fully vaccinated and may pass on infections to humans.

In general, if pets are well-vaccinated, well-trained, healthy, and clean, there are few health-related problems with bringing one into the home.

The other concern is being able to take proper care of the animal. There is an obligation to the pet to keep them healthy, happy, exercised, and clean. This can be costly both in money and in energy. Be mindful of what you can handle when considering a pet.

For example, young or energetic animals (think: puppies and kittens) require nighttime trips to the restroom, training, and a lot of playtime in general throughout the day. Older animals are generally calmer but can have health issues or behavior problems that require care and attention.

Unsure of adding the responsibilities of pet ownership? Animal therapy is a good alternative way to get your dose of pet-time without the stress.

What is Animal Assisted therapy?

Animal-assisted therapy is a program to help patients with mental, physical, and behavioral difficulties. Many rehabilitation centers and hospitals have programs or service animals present. Therapy animals are trained to be friendly, affectionate, gentle, and attentive to the needs of people. Therapy animals can be any type of animal, and they are a great comfort in times of stress.

The therapy animals are typically not the patient's own pet, but this can actually be beneficial since it removes the stress of pet care from the whole situation.

Because animal-assisted therapy is supervised and involves well-trained, well-handled, and medically up-to-date animals, it is usually safe for people with lupus. Allergies are still an issue, so make sure to let the animal therapy program know so that they bring the right animal therapist for you.

Tips for Pet Care with Lupus

Pet ownership is challenging but rewarding, and people with lupus can definitely have a pet. A few tips:

Make sure that there is enough space for the animal, as well as the right toys and accessories. Ask your veterinarian or pet store about cat trees, chew toys, treats, and other things appropriate to your pet. Of course, a simple cardboard box and crinkly paper may be enough for some animals.

Regular trips to the veterinarian are also essential to keeping both pet and owner disease-free. Don't skip these visits if you can help it. Fortunately, some clinics make house calls, and this can be a good option for people with lupus.

Small animals that require low levels of maintenance, including cats and small dogs, are a good fit for people with lupus. Animals that live in cages and aquariums don't need walks, so fish, mice, domestic rats, hamsters, or guinea pigs can make great pets for people with lupus. These pets need very basic feeding, cleaning, and socializing, and can be very rewarding to care for.

When finding the right pet for you, consider how you would handle fluctuations in lupus disease activity. Work with your family, partner, roommates, and friends to identify support networks (for your pet and for you!). A pet-support team can take the stress out of pet ownership. That way, you can focus on the joy that pets bring to your life.

Not sure about a pet? There are many ways to reduce stress. Read here about other ways that you can manage stress, take care of your gut health, and get on a healthy sleep schedule.

Source: <https://lupuscorner.com/pets-health-benefits-of-animals-lupus/>



MY LUPUS JOURNEY WITH MORGAN



It was on November 2018 when my doctor diagnosed me with the autoimmune disease called lupus. When I heard my doctor speak those words, my heart started to beat a little faster. Well, I already had an idea about lupus since my aunt's has it too. And before I was diagnosed with lupus, I already had an autoimmune disease called Juvenile Idiopathic Arthritis (Arthritis for Kids).

I've had it for almost 5 years. Well, this one's different because a lot of symptoms were happening around my body (before I was diagnosed). Firstly, I had a lot of hair fall, which is awful because I didn't have this much hair fall. Falling hair is not easy since our

hair is one of the first things people notice about us when we meet them. Hair conveys aspects of your style and personality. Throughout their lives, and particularly as they age, taking care of their hair may become even more important for women. Especially that I love coloring my hair. Second, I always have the feverish feeling, like almost every night for no apparent reason (it just happens)! I just had to take Paracetamol with me for relief, which was not okay since I already have a lot of medicine to take. Lastly, I have a sensitive feeling around the ultraviolet rays of the sun. It actually makes my body weak, and not to forget the migraines that I would suddenly experience. I also experienced having rashes and I don't know what exactly is happening inside my body. It was really different. Then I had a series of blood tests, like ANA, CBC, SGPT, etc., A LOT. I can somehow say that the hospital is like a second home, well in most parts of my life (that being sick). And then life continues, and I was in this stage of actually being depressed.

So what is actually lupus? According to medicalnewstoday.com "Lupus is a long-term autoimmune disease in which the body's immune system becomes hyperactive and attacks normal, healthy tissue. Symptoms include inflammation, swelling, and damage to the joints, skin, kidneys, blood, heart, and lungs." Errr , not cool right? But I have it now. From JIA to LUPUS? Apparently, when you have a combined auto immune disease, the term will be called MCTD or Mixed Connective Tissue Disorder. So? Then my question is, why does it have to be me? I was an active kid. I drink a lot of water and my immediate family doesn't have it. (But my aunties have it though) is it by blood? I was scared and am still scared. "It's actually hard to talk to people about what you're feeling and have them really understand why and how you're so tired." I just can't explain it directly and I guess it's something personal. I deserve to be happy and to have a healthy body. Yes, I don't look sick but there is big battle raging inside

me and everyone who has this disease. "A disease of a thousand faces", a disease no one wants to encounter.

I may have this but I think I can already handle it. Instead of waiting for my illness to fill up my schedule, I also stock my good days full of other activities. I do like painting, and because of that hobby I eventually started to open a small business which involves my art. I also like dancing, and as I've said I used to be an active kid! I used to do a lot of interesting activities but when I had this, everything just needs to be cut down. Of course I need to listen to my body about when it needs to cut back. There are days when I feel normal and there are days when I feel like this is not okay. I guess it's time to embrace what I have. The capabilities that I have in this situation which makes me acknowledged that there are still things that I can do! I know that there are groups/community for people who can share what they are experiencing or have been experiencing lupus in their lives. New medicines are being developed and I hope someday, the medicine can be used to help eliminate the lupus effects.

As of the time being, I am an international student here in Canada, taking up Business- Sales and Marketing. This is a new journey for me as this is also the first time that I'm going to experience the different weathers. My family is not here with me, and I do not know how the medical/health system works here. Yes, I still do have the symptoms with me, it occurs every day like the painful and tiring mornings especially when you think of not drinking your meds. Yes, I am scared but somehow I got to develop and adapt to the new environment.

Like other stories I've read about people dealing with chronic illness, people cope in different ways. And I'm happy that we are continuing to live our lives despite the condition we are in. I/We did not choose to have this but I know that God is in control and he's healing us every day.

COMMUNITY ENGAGEMENT

Social Media Highlights

Thank you to everyone for tagging us in their social media posts, here's a little recap of our favourite community posts from January! Keep tagging us in your posts for a chance to be featured in our Social Media Highlights.

#lupuswarrior

Tweet

Edmonton Sun @Edmontonsun

#Lupus is a baffling chronic illness, and treatments have been hard to come by. #LetsTalkLupus @LupusCanada - via @healthing_ca #HealthNews

healthing.ca
Lupus researchers iron out details of 'exciting' new approach to therapy

0:22

What is a best friend?

markopolo902

#lupuswarrior

Tweet

carla @carla78978361

I underestimated just how sick you could be. Although I'm thankful for not being placed on a vent or worse, the lung inflammation and myocarditis I experienced from having Covid last month was horrendous. Thankful for vaccinations and wonderful docs!

Lupus Canada @LupusCanada · 3d
For those with compromised immune systems, COVID remains a threat

Read more buff.ly/3GRUE4e

did YOU KNOW?

LUPUS CANADA

1 The loss of a loved one	6 Recent surgery
2 Divorce or relationship strain	7 Extended exposure to the sun
3 The loss of a job or income	8 A recent infection
4 Pregnancy or childbirth	9 A traumatic event
5 Consumption of isotretinoin drug	10 An accident or serious injury

10 external factors that can lead to a flare

@lupuscanada
Lots of self care ❤️

Tweet

Gerardo Becerra @GBecerraSD

Thank you too our friends Lupus Canada for this valuable information on lupus.

Lupus Canada @LupusCanada · 4d
While genetics play a role in whether an individual is predisposed to #lupus, external triggers also have the ability to bring on the illness and flare-ups.

Learn more: buff.ly/3XCBGWb

#LetsTalkLupus

LUPUS CANADA

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External factors that can cause a lupus flare

Accounts Of Interest

Dealing with chronic illnesses can be challenging, so we've provided some social media pages that you may find helpful and informative below.



[@arthritissociety](#)

Arthritis Society Canada is dedicated to extinguishing arthritis. We represent the six million Canadians living with arthritis today, and the millions more who are impacted or at risk. Fueled by the trust and support of our donors and volunteers, Arthritis Society Canada is fighting the fire of arthritis with research, advocacy, innovation, information and support. We will not give up our efforts until everyone is free of the scorching pain of arthritis.

[@greenleafmedicalclinic](#)

We are known for our expertise and chosen for our care. The Greenleaf Medical Clinic is Canada's premium specialized clinic. Since 2011 we have been assessing patients for medical cannabis. Virtual care is available in the following provinces; British Columbia, Newfoundland, Northwest Territories, Nova Scotia, Nunavut, Ontario, PEI, Saskatchewan, and Yukon. Our physician assessments include; cannabis education, customized treatment plans and ongoing follow-up care.



RECIPES

Approved by registered dietitian Heather Penny

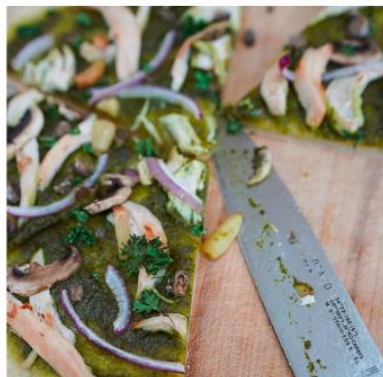
A Delicious And Healthy Meal

On The Menu:

AIP Pizza Dough

Ingredients

- 1 packet active dry yeast
- 1½ cups warm water, divided
- 1 tablespoon honey
- 2 cups cassava flour
- 1 cup tapioca starch
- 1½ teaspoons sea salt
- ¾ cup olive oil



Instructions

First, proof the yeast by adding it to a small bowl with ½ cup of 115 degree water and honey. Give a quick whisk and set aside someplace warm for about 20 minutes. If your yeast is active, it will double in size and smell yeasty.

Combine the cassava flour, tapioca starch and salt in a large bowl and stir to combine. Add the olive oil and 1 cup of warm water, along with the yeast mixture. Stir until combined into a slightly wet dough, gently forming into a ball with floured hands. Cover with a towel and set someplace warm (about 70-90 degrees is best) for about an hour to rise.

Your dough should have risen a couple of inches, perhaps cracking and smelling yeasty. Carefully divide it into two portions, forming each into a puck and then rolling out each into an 11-inch pizza on a piece of parchment paper and adding additional cassava flour to the pin as needed.

When ready to bake, preheat the oven to 500 degrees with a pizza stone or flat baking sheet inside.

While the oven and baking surface are pre-heating, top the pizza on a piece of parchment paper on a flat baking sheet. First apply your sauce, then meat and vegetable toppings.

To cook, remove the pre-heated stone or sheet from the oven and quickly (and carefully!) slide the sheet of parchment with the pizza from one sheet to the pre-heated one. Cook for about 10 minutes, or until just browned on the bottom of the crust. Cool for a few minutes before enjoying.

Source: <https://autoimmunewellness.com/aip-pizza-dough/>



QUICK LINKS



Q&A's

All your lupus related questions answered by trusted professionals [here](#).



Merchandise

Help support Lupus Canada by shopping our merchandise catalogue [here](#).



Celebrity Ambassadors

Discover our celebrity ambassadors [here](#).

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Working together to conquer lupus 

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