

LET'S TALK LUPUS

July Monthly E-Newsletter

H&PE
life without lupus



As we welcome July, we hope everyone has a safe and fun summer month. May your days be full of happy memories.



WE WANT TO WISH YOU A
HAPPY CANADA DAY!

LUPUS
CANADA
Life Without Lupus

Canada Day

Lupus Canada wishes everyone a very happy Canada Day. Join us in celebrating this beautiful country and take a moment to reflect on the contributions Canada has made throughout history.

July 24th marks International Self-Care Day

On July 24th, and everyday, take time for yourself. Sit back, relax and reflect on all your accomplishments, and be sure to appreciate yourself on this day and everyday!

That's a wrap!

Lupus Canada congratulates all the students, teachers and parents for completing another school year, as challenging as it was. Being diagnosed with lupus can create a lot of barrier and obstacles for students, Lupus Canada recognizes the hard work and perseverance required to complete a full school year. Great job!

DONATE NOW

your gift makes a difference

LUPUS CANADA IN THE NEWS

Lupus Canada thanks Susan Hay of Global TV for helping us create awareness and for sharing Haley's inspirational story. Haley, who after receiving her lupus diagnosis, launched her own signature brand of handmade jewelry - Haley Made. Lupus Canada is grateful to have collaborated with Haley Made for Lupus Awareness Month.

To watch the segment please visit <https://globalnews.ca/video/8904079/a-young-toronto-woman-diagnosed-with-lupus-spreads-positivity-through-handmade-jewelry/#autoplay>




LUPUS CANADA NEWS



Lupus Canada is pleased to present the
Let's Talk Lupus
Disease Awareness Webinars

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An informative and interactive series of webinars for all Canadians impacted by lupus. Each month we will offer a new topic. To learn more about our upcoming webinars please visit <https://lupuscanada.org/resources/disease-awareness-webinars/>.

sponsored by AstraZeneca  

Let's Talk Lupus - Disease Awareness Webinar

On July 21st, 2022 at 7:00 pm EST Lupus Canada will be joined by Ms. Betts who will discuss 'Cannabis and Lupus'.

Ms. Betts, Founder and CEO of the Greenleaf Medical Clinic (est. 2011), created the company's vision of "Enriching and improving the quality of life for patients through the use of medical cannabis". The company's core values of leadership, passion, education and commitment are driven through the company's promise of maximizing patient outcomes.

Fonda's extensive knowledge of cannabis comes from studying Cannabinoids in Clinical Practice from the University of Toronto Faculty of Medicine, patient assessments, and collaboration with cannabis physicians and industry leaders.



She has assessed and developed customized treatment plans for more than 15,000 patients. Her work and dedication have gained her recognition as a leader in cannabinoids.

Ms. Betts continues to focus on bringing the benefits of cannabis to all adults, whether they are patients, adult consumers or simply interested in learning more about cannabis and how to use it safely.

To register visit https://us06web.zoom.us/webinar/register/WN_09s-nd_sTsiCflnEdzjiug

Lupus Canada and the Big Yellow Bag Fundraiser

Summer has officially begun! Lupus Canada wanted to remind everyone that we are participating in the BigYellowBag Give & Grow Fundraising Program. Last year, BigYellowBag Give & Grow donated more than \$42,000 to community groups & organizations.



How Does It Work?

Use the code LC22 to save \$5 off a BigYellowBag of soil or mulch. Every time this code is used, BigYellowBag will donate \$10 to Lupus Canada – it's that simple!

To purchase your BigYellowBag Soil please visit <https://bigyellowbag.com/>.

Lupus Canada's Recipe Corner

Have you heard of Lupus Canada's Recipe Corner? Lupus Canada worked with Registered Dietitian, Heather Penney to find healthy, nutritional and easy to make recipes.

To find the complete playlist of recipe videos please visit <https://www.lupuscanada.org/living-with-lupus/recipes/>.



Lupus Canada Merchandise



Lupus Canada is grateful for the positive response we have received for our lupus awareness pins. Wearing a pin on your jacket or even on your bag is a great way to show support everyday to those impacted by lupus. Together let's make lupus visible!

To purchase your pin please visit
<https://www.lupuscanada.org/merchandise/>

RESEARCH

CQDM and SPM Therapeutics fund a study carried out by Professor Boilard at the CHU de Québec-Université Laval to develop a treatment for systemic lupus erythematosus

Thursday June 16th, 2022

Montreal (Quebec), June 16th, 2022 – CQDM is proud to announce the funding of a project in collaboration with the centre hospitalier universitaire (CHU) de Québec-Université Laval, SPM Therapeutics, and the Fondation du CHU de Québec. The funding, totalling \$103,158, was made possible by a grant of \$51,847 from the Ministère de l'Économie et de l'Innovation (MEI) for this project.

Systemic lupus erythematosus (SLE) is a chronic autoimmune disease that affects approximately one in a thousand people, mainly women. Currently, there are anti-inflammatory treatments to treat SLE, but these do not eliminate pain and have harmful side effects.

The team of Professor Éric Boilard, a researcher in the Department of Microbiology-Infectiology and Immunology at the CHU Québec-Université de Laval Research Center, will study the benefits of certain molecules identified by SPM Therapeutics on SLE symptoms using a new mouse model that mimics human SLE. This study will allow SPM Therapeutics to generate multiple data regarding the efficacy of a molecule for resolving systemic inflammation and reducing or eliminating the symptoms associated with SLE. The in-vivo proof of concept of the molecule's efficacy will pave the way for larger studies and may lead to the development of a new treatment for this disease.

“To improve the quality of healthcare in Quebec, we must focus on innovation in the life sciences sector. Dr. Boilard's collaborative research aimed at identifying new therapeutic options once again demonstrates Quebec's leadership in this sector, in addition to contributing to the wellbeing of the Quebec population,” said Pierre Fitzgibbon, Minister of the Economy and Innovation and Minister responsible for Regional Economic Development.

“CQDM is very pleased to support this project. This funding will give SPM Therapeutics and Professor Boilard the opportunity to explore new therapeutic avenues for systemic lupus erythematosus. We are proud to make this collaborative research possible, which might improve the quality of life of a large number of patients,” said Véronique Dugas, CQDM’s vice-president of scientific affairs.

“Our team aims to understand how the immune system is dysregulated in lupus. Over the past few years, we have developed an animal model to examine new molecules and evaluate their therapeutic potential. This opportunity to develop a new treatment for this autoimmune disease with our partners is extremely motivating,” said Professor Boilard, researcher in the Department of Microbiology-Infectious Diseases and Immunology at the CHU Québec-Université de Laval Research Center.

For Johane Guay, Director of Operations of SPM Therapeutics, “We are pleased to collaborate with the CHU and Dr. Boilard’s team who has developed a unique expertise in the field of preclinical research on lupus. This collaboration represents a first step in demonstrating the potential of our proprietary molecules, involved in resolving inflammation and removing cellular debris, as future therapies for lupus.”

“Supporting research is an important part of the mission of Fondation du CHU de Québec and the support offered to Dr. Boilard’s team is in line with this. We are pleased to join forces and contribute together to improving the quality of life of people living with this disease,” said MarieClaude Paré, President and CEO of the Fondation du CHU de Québec.

About CQDM

CQDM is a biopharmaceutical research consortium whose mission is to fund the development of innovative technologies and tools to accelerate the discovery and development of safer and more effective drugs. It provides a hub where major global pharmaceutical companies, several Canadian biotechnology companies, the best researchers from the public and private sectors, as well as the governments of Quebec and Canada converge. CQDM’s collaborative approach allows it to meet the needs for innovation funding in the academic and private sectors, particularly in the early stages of research. Information—Website: cqdm.org, LinkedIn and Twitter

About SPM Therapeutics

SPM Therapeutics Inc. is a Quebec City-based start-up company involved in the discovery and development of innovative drugs for inflammation and pain. The company specifically targets diseases that exclusively or predominantly affect women, such as vulvodynia and lupus, and for which there is no effective treatment.

About the Fondation du CHU de Québec

The mission of the Fondation du CHU de Québec is to make a difference in people’s health, from birth to the end of life, by financially supporting the humanization of healthcare at the

largest specialized care complex in Quebec, so that it can offer better quality medical services, contribute to research and teaching, and remain on the cutting edge of technological innovation. The Fondation is an effective, influential and innovative philanthropic leader in the service of people. Its team carries out essential work for more than 2 million people in the greater Quebec City area, Eastern Quebec and Northern Quebec.

Source: <https://cqdm.org/en/news-and-events/cqdm-and-spm-therapeutics-fund-a-study-carried-out-by-professor-boilard-at-the-chu-de-quebec-universite-laval-to-develop-a-treatment-for-systemic-lupus-erythematosus/>

QUOTATION OF THE MONTH

HOPE
life without lupus

“It does not matter how slowly you go as long as you do not stop.”

— CONFUCIUS

ARTICLES

HOT TOPIC: SUMMER SAFETY

Summer is a time for family road trips, outdoor fun in the sun and hopefully lots of great weather.

Here are some simple reminders to prepare for safe summer days.

Stay cool in the heat

Keep cool and hydrated and minimize your time in the sun between 11:00 a.m. and 4:00 p.m. Drink plenty of water, find shade, visit cool buildings, slow down, bathe in cool water and wear light-coloured clothing. Never leave children or pets inside a parked vehicle. When the outside air temperature is 23°C/73°F, the temperature inside a vehicle can be extremely dangerous – more than 50°C/122°F.

Wear the right helmet

Everyone is encouraged to wear a helmet when cycling, inline skating and skateboarding. The additional cushioning in a helmet could save your life. In bicycle mishaps, the forehead usually

makes first contact with the ground. With skateboarding, falls are more common and helmets are specifically designed to protect more of the back of the head. Unlike bicycle helmets, skateboard headgear is also designed to protect against multiple falls, whereas bicycle helmets should be replaced after one crash.

When thunder roars, go indoors

Stay inside for at least 30 minutes after the last rumble of thunder. If you can hear thunder, you can get hit by lightning. Take shelter immediately in a sturdy, fully enclosed building with wiring and plumbing. If no solid building is available, you can take shelter in a metal-roofed vehicle.

Stay safe while camping

If strong winds, hail or a tornado is developing while you are camping in a tent or tent-trailer, move to the closest building or a hard-topped vehicle. Make every effort to get to a suitable shelter. If no shelter is available, seek refuge deep in a thick stand of trees in the lowest-lying area.

Avoid the bugs

– and their bite: Avoid being outdoors at dawn or dusk, when mosquitoes are most active. Keep in mind that ticks are often found along trail edges, mostly in wooded areas or tall grass. Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily. Registered insect repellents containing DEET can be used safely when applied as directed. Health Canada's last review of DEET products was supported by the Canadian Paediatric Society.

Pack an emergency kit

You may have some kit items already, such as a flashlight, a wind-up radio, food, water and a manual can opener. Make sure they are organized and easy to find in case you need to evacuate your home. Make a kit to go in a backpack. Whatever you do, don't wait until a disaster is happening to make a kit. Check out how to put together an emergency kit.

Keep food fresh

Chilling food properly is one of the most effective ways to reduce the risk of food-borne illness. Leftovers should be chilled promptly, but remember to throw them away if they have been out at room temperature for more than two (2) hours. Keep the fridge at 4°C (40°F) or below and use an appliance thermometer to check the temperature.

Make a (safe) splash

Never leave a child unattended in water, not even for a second. Pick the best time of the day to swim and avoid swimming at night and in stormy weather. The Canadian Red Cross offers tips for all kinds of water activities such as water parks, backyard pools and hot tubs.

Stay safe on the roads

Canada has nearly 900,000 kilometres of road — enough to circle the globe 22 times! Transport Canada is our resource on road safety, especially when travelling with children. Every year in Canada, about 10,000 children (from infants to 12-year olds) are hurt or killed on the roads. Make sure your children are always buckled-up properly while in the car, even for short trips. And remember, the back seat is always the safest place for your children.

Connect with care

Don't mention going away on vacation in your social networking status updates. You may also want to delete messages from friends who mention these things to avoid the possibility of someone robbing your home while you're away. Avoid geotagging photos. Most smartphones and many digital cameras automatically attach the exact location where a photo was taken — and when you share it online, the geotag can give away your address or let criminals know that you're on vacation, which could make your home a target for break-in.

Happy Summer from Public Safety Canada!

Source: <https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201407-en.aspx>

Whenever venturing out be sure to remember to wear appropriate clothing, a hat and sunscreen to protect you from the sun.

MY LUPUS STORY

My Lupus Journey with Maahum



July 5, 2022 will mark three years since the date that I received my official lupus diagnosis. I remember being a 19-year old in the hospital room, sitting in a wheelchair because I was too weak to stand, and feeling a sense of relief wash over me, as the doctor explained what this illness was. After many months of visiting emergency rooms, walk-in clinics, and specialists, someone was finally validating the physical and emotional pain I had been in for so long. I want to start by expressing my gratitude for the people who kept me going during that time, and for the healthcare workers who played a role in the process of my diagnosis.

Coming to terms with a lupus diagnosis is not easy. Coming to terms with it, as an extremely driven and energetic teenager, is absolutely crushing. My whole life, I had come to understand myself as someone who would get things done — my productivity defined how good I would feel about myself. When I could no longer keep pushing my body through the day, when simple tasks like cooking and going to school became physically taxing, and when it felt as

though my body was always going against me, my self-esteem fell low. My mental health suffered for many months, and I was not prepared for how lonely living with a chronic illness would feel.

So, I started from square one. I tried hard not to associate my productivity with my sense-of-self, and to offer myself the grace that I deserved during a really difficult time in my life. I became a much happier person when I allowed myself to grieve the things I had lost because of lupus.

It was this newfound strength and understanding that also carried me through the COVID-19 pandemic, which began just 8 months after my diagnosis. This is not to say that the pandemic was easy to navigate. We moved through highly politicized times, where people did not hesitate to make unkind comments about immunocompromised patients. I felt surrounded by a world that constantly made me feel lesser than. As I completed my undergraduate degree and transitioned into Teachers College, the lack of health-related accommodations and support for pre-service teachers made me realize that my career path would force me to choose between my passion and my wellbeing often. I watched as pandemic restrictions eased and schools became less COVID-conscious, and I thought a lot about whether I would be able to successfully complete my second degree. In an education system that centers itself around equity and inclusion, these barriers that I was facing as a student teacher with a chronic illness, gave me many moments of uncertainty. I became mentally drained all over again.

Today, I prepare to enter my final year of Teachers College at 22 years old. I have come to realize that these periods of feeling hopeful and sad are likely going to come in waves. More recently, I have been experiencing a persistent lupus flare. My hair loss has begun again, I have had a hospital scare, and a few other symptoms that I am experiencing regularly. It feels disheartening to have your disease in remission for so long, only to feel like you are back where you started. I remind myself that this is what a chronic illness is – I will likely go through these waves for the rest of my life. This past year, I also started up an Instagram page called @lupusdiariess, where I share my day-to-day life as a lupus patient. My goal for the page was to build a community that has the space to learn about living with a chronic illness. But my goal for myself was to run this page with transparency and to let myself be vulnerable with my lupus. As I move through my current flare symptoms and share them on my page, I am continuing to offer myself the grace and kindness I deserve, and I remain hopeful about regaining my health once again.

I am still navigating so much of this disease, and constantly gaining more perspective. What I love is that I have this new community of people to share my journey with and know that I am supported, both online and offline. Thank you for making it to the end of my story.

RECIPES



Grilled Chicken Kabobs

INGREDIENTS

- 1.5 POUNDS CHICKEN BREAST CUT INTO 1-INCH PIECES
- ¼ CUP OLIVE OIL
- 1 TABLESPOON OREGANO
- 1 TEASPOON CUMIN
- 1 TEASPOON GARLIC POWDER
- 1/2 TEASPOON CAYENNE PEPPER
- 1/2 TEASPOON BLACK PEPPER
- 1 TEASPOON SALT
- JUICE FROM 1 LIME ABOUT 2 TABLESPOONS
- 2 RED BELL PEPPERS CUT INTO 1-INCH PIECES
- 2 GREEN BELL PEPPERS CUT INTO 1-INCH PIECES
- 1 RED ONION CUT INTO 1-INCH PIECES

DIRECTIONS

Prep the chicken by cutting it into one-inch pieces. Place raw chicken pieces and oil in a large bowl with a cover or a gallon-sized Ziploc bag.

In a small bowl, combine the oregano, cumin, garlic powder, cayenne pepper, black pepper, and salt. Mix the seasoning until combined.

Add the lime juice and seasoning into the bowl or bag over the chicken. Place the chicken in the marinade in the refrigerator for at least one hour.

When ready to grill, thread the chicken, bell peppers and onions onto kabob sticks, alternating between chicken and vegetables. Leave around two inches of stick exposed to hold the kabobs. A little extra oil can be brushed lightly on the vegetables if desired to keep them more tender.

Place the kabobs on a hot grill and cook over indirect/medium heat for 10 to 15 minutes. Flip the kabobs halfway through the cook time. Chicken is done once cooked all the way through with no pink on the inside and the inside of the chicken measures 165 degrees with a meat thermometer. Serve and enjoy.

The recipes used by Lupus Canada have been reviewed and approved by Heather Penney, Registered Dietitian.

Source: <https://onmykidsplate.com/grilled-chicken-kabobs/>

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