

April E-Newsletter

Together we are making a difference!

With your support we have helped improve the lives of people living with lupus through advocacy, public awareness and research.

Together, we have made tremendous strides over the past year!

Thank you!

LUPUS
CANADA
Life Without Lupus



Lupus Canada provided a grant to support the completion of the Canadian Systemic Lupus Erythematosus (SLE) Clinical Practice Guidelines, which will launch an evidence-based rather than expert-based recommendations for lupus care across the country.

Lupus Canada's contributions over the last several years has enabled the Canadian Network for Improved Outcomes in SLE (CaNIOS) Registry to move from a paper-based system to a web-based platform

Lupus Canada launched the inaugural Catalyst Grant Program in 2016.

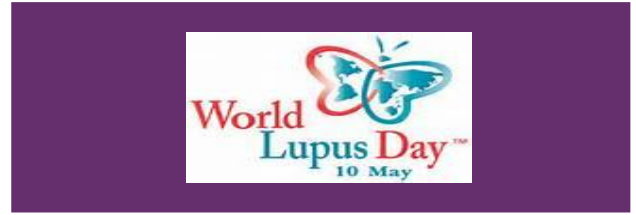
Promoted lupus awareness through our website upgrade and launch of our "Let's Talk Lupus" video series.

Five hard-working students living with lupus were awarded a \$2,000 scholarship to help reduce the stress of going to school.

Introduction

Living with lupus brings its challenges, how you choose to live with this disease is within your control. Choose to be wonderful, to be strong and to live well with lupus!

At Lupus Canada we enthusiastically await for the month of May to celebrate both World Lupus Day on May 10 and our **Put on Purple(POP)** campaign on Friday May 19.



Put on Purple on Friday May 19 to show your support for those battling lupus. Help raise awareness and rally public support for this under-funded and under-recognized disease. Mobilize individuals, corporations, physician offices, hospitals, people with a connection to lupus and the general community to get the word out about **Put On PurpleDay** and build excitement and interest.

We encourage everyone to show their support by retweeting our Twitter posts, sharing our posts on Facebook and liking us on Instagram!

New Resource for Lupus patients

The Lupus Foundation of America recently launched their new online National Resource Centre on Lupus resources.lupus.org. This first-in-lupus online and multi-media collection intended to empower, educate and connect all people affected by lupus.

The National Resource Center on Lupus is a one-stop resource for all things lupus, from treatment to living to relationships. It supports people who think they might have lupus, are newly-diagnosed, or are living with lupus. It also provides specialized content for children and teens, caregivers, and health care professionals.

Within the Resource Center, you will find more than 600 medically-reviewed resources available in English and Spanish about all aspects of lupus. The information is provided in a variety of formats and can be found based on preference – by topic, relationship to lupus, category, or keyword search. New content is added regularly and is developed in response to the needs of the lupus community.

2017 Lupus Canada Scholarship Program

Lupus Canada is proud to announce the 2017 Lupus Canada Scholarship program. We will be offering five (5) one-time scholarships of \$2,000 CAN in 2017 to students diagnosed with lupus, who are entering into or currently enrolled in a post-secondary educational institution.

Lupus is a chronic autoimmune disease that causes inflammation in various parts of the body; it is both life-altering and life-threatening. Lupus Canada is a national voluntary organization dedicated to improving the lives of people living with lupus through advocacy, education, public awareness, support and research.

Post-secondary education – a significant milestone for many students, brings with it both excitement and stress. For individuals living with lupus, post-secondary education may present an additional set of unique obstacles.

Living with a chronic illness such as lupus can certainly be stressful on its own, but with the added stress of school, people with lupus often experience flares – unpredictable bouts of increased disease activity resulting in symptoms such as debilitating fatigue, pain in muscles and joints, difficulty breathing or persistent headaches. For students, these flares can result in missed classes, lost study time or the need to reduce course load. A sudden flare can jeopardize academic standing as well as the ability to attain and maintain scholarships and financial aid. Many students are unable to maintain a part-time job because of lupus and so, financial resources are stretched.

Lupus Canada created this scholarship 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 on the 2017 Lupus Canada Scholarship program please visit www.lupuscanada.org

***Since we launched our Scholarship program in 2013
we have been able to assist 19 students living with lupus
further their post-secondary education through our Scholarship program!***



My Lupus Story by Jalesa Martin

At the age of 14, doctors confirmed that I had an auto-immune disease called Lupus. After hearing this sentence, I thought my life was over. Little did I know, that living with Lupus would have such a positive impact on my life today and allow me to experience endless opportunities.

Throughout this journey, Lupus has been the reason why I continue to persevere through the trials that come along with this illness. Like my first battle with prednisone, the drug needed to control this illness and reduce my inflammation in my body. Not on the flip side it is the same drug that caused deterioration of my knee joint resulting in Avascular Necrosis. Living with Lupus has given me a passion and drive to make a difference in the lives of youth living with Lupus. Despite the unpredictability of living with this illness, I can still accomplish my goal of becoming a Pediatric Rheumatologist.

For the duration of high school, living with Lupus has forced me to find ways to overcome adversity. The various hospitalizations, and side effects of medication have forced me to find different ways to complete tasks and assignments. Lupus is not something that I am ashamed of, but something that encourages me to keep moving forward.

Lupus has control over many aspects of my life, but I do not allow it to define me. Whenever I am faced with adversity, I never use Lupus as a crutch or an excuse. But more so as an example of what I can accomplish, as well as motivation to keep going. Despite having this auto-immune disease, and having two knee replacements during high school, I have managed to receive two proficiency awards throughout my high school career, as well as Peel District School Board Award of Distinction.

I hope to one day be able to encourage patients who are impacted by Lupus to do the same. That is why I have decided to become a Pediatric Rheumatologist. The opportunity to help other adolescents who face rheumatic conditions know that their diagnosis does not have to stop them from accomplishing their goals, is what inspires this career choice. Receiving this scholarship will help me continue to expand on my knowledge and research experience, as I proceed along my journey to becoming a Pediatric Rheumatologist.

Nonetheless, I have learned that altered plans are not always a bad thing. Living with Lupus is similar to waking up in the morning and not knowing whether I will experience too much fatigue and muscle weakness to get out of bed, or whether or not I'll be able to go to school that day or even worse, end up in hospital. But although I do not know what challenges lie ahead, I continue to soar against the wind. Throughout life, everyone has their own situation that will knock them down. However, I have made the choice to continue to soar, no matter what future challenges come my way.

RECIPE:

Spinach and Feta Turkey Burgers



Ingredients:

- 2 eggs, beaten
- 2 cloves garlic, minced
- 4 ounces low sodium feta cheese
- 1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry
- 2 pounds extra lean ground turkey

Directions:

Prep 20 m Cook 15 m Ready In 35 m

1. Preheat an outdoor grill for medium-high heat and lightly oil grate.
2. While the grill is preheating, mix together eggs, garlic, feta cheese, spinach, and turkey in a large bowl until well combined; form into 8 patties.
3. Cook on preheated grill until no longer pink in the center, 15 to 20 minutes.

source:

<http://allrecipes.com/recipe/158968/spinach-and-feta-turkey-burgers/?internalSource=popular&referringContentType=home%20page>

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