



Happy New Year! It's hard to believe that another year has passed and we are at the start of a new one. The beginning of the year often comes with a lot of pressure to make some kind of change in your life – while this can be great for some people, it can also be very overwhelming to get caught up in all of this. Especially if you are a lupus patient, you may be experiencing extra health challenges due to the cold weather and stress-induced flares. So remember: do what is best for you and don't get too consumed in the "new year, new me" narrative. Make these changes if this is what you need or want, but at your own pace and on your own schedule!

Take a look in this newsletter to read more about how other illnesses may affect your lupus. Living with a chronic illness like lupus already presents its own set of unique challenges but when paired with another condition, it can be even more difficult to manage. However, don't worry; there are ways that you can address these issues and do everything you want to do, despite your lupus!

DONATE NOW
your gift makes a difference





Together we are making a difference!

This past year Lupus Canada was able to achieve so much with YOUR help! We appreciate all of your support this past year and want to say a big thank you. Together, we are working towards life without lupus.

Together we funded three Catalyst Grants in 2018 with projects in Calgary, Montreal and Toronto. With research spanning from basic (laboratory) to applied research (clinical and policy).

Together we provided a partnership grant of \$10,000 in 2016 to support the completion of the guidelines project. The project has been completed and the guidelines were released earlier this year (2018).

Together we lifted some of financial burden for 5 post-secondary students living with lupus.

Together we helped raise the much needed awareness of this under-funded and under-recognized disease.

Together we advocated on behalf of the lupus patient to Government officials across Canada to recognize World Lupus Day in each Province.

On behalf of the Board of Directors and Staff at Lupus Canada

Thank you

LAUGHS FOR LUPUS

MAY 9 • 2019
SECOND CITY
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GUESTS OF HONOUR
COLIN MOCHRIE

DEBRA MCGRATH

PATRICK MCKENNA

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Lupus Canada is thrilled to announce our signature fundraising and public awareness event taking place on May 9, 2019 honouring our Celebrity Ambassadors, Colin Mochrie,

Lupus Canada is thrilled to announce our signature fundraising and public awareness event taking place on May 9, 2019 honouring our Celebrity Ambassadors, Colin Mochrie, Debra McGrath and Patrick McKenna.

*More information about this event and how to purchase tickets will be available on our website on **January 9, 2019***



PLANNED GIFTS

A planned gift is a special gift to Lupus Canada for the future. Arranged now, it allows you to plan for the continued support of Lupus Canada within your overall estate or financial plan. Planned gifts can be deferred, meaning you commit now to a gift Lupus Canada will receive in the future or can be gifts that provide funds immediately to meet the needs of people living with Lupus. As you plan for your future we hope you will consider Lupus Canada in your consultations with your financial advisor.

Special thanks to Mr. Cotter of British Columbia for thinking of Lupus Canada and bequeathing our organization with a very generous donation. In recognition of his generosity and kindness Lupus Canada will name a Scholarship in his and his wife's honour.

For more information on Planned Gifts please visit www.lupuscanada.org/ways-to-donate/ or call 1-800-661-1468.

Other Conditions Seen in Lupus

Source: <http://www.lupuscanada.org/wp-content/uploads/2015/09/Other-Online-1.0.pdf>

Systemic lupus erythematosus (SLE or lupus) is often referred to as the disease with a thousand faces because it is associated with a wide variety of symptoms and related conditions. Three conditions that may be seen in lupus are Raynaud's phenomenon, Sjögren's syndrome and gastrointestinal problems. While the symptoms can be troublesome, there are steps you can take to reduce or prevent them.

Raynaud's phenomenon

Cold hands are a sign of a warm heart – or so the saying goes. But sometimes, cold hands are a sign of Raynaud's phenomenon, a condition that makes it difficult for blood to reach

the extremities because of tightening of the blood vessels. About one-third of people with lupus have Raynaud's phenomenon or secondary Raynaud's syndrome (if the condition exists on its own, it is referred to as primary Raynaud's syndrome or Raynaud's disease).

Symptoms:

Changes in skin colour occur suddenly when the extremities (fingers, toes and sometimes ears and nose) get cold; it may also occur with stress. The skin first becomes white, and then red (this may vary in some people). There may be tingling, painful stinging or numbness in the fingers or toes; these symptoms generally resolve with warming. A Raynaud's episode usually lasts a few minutes, although severe episodes may last longer.

Management:

If you experience a Raynaud's episode, encourage blood flow by shaking or massaging your hands and feet and/or running warm water over your fingers or toes or soaking them in a bowl of warm water. If your fingers and toes have gone numb, they may throb and feel sore as the circulation returns. Your first line of defense against Raynaud's phenomenon, however, should be prevention. Whenever possible, avoid or reduce your exposure to the cold. Since stress is also associated with Raynaud's episodes (not to mention lupus flares!), it is important for you to learn how to reduce and deal with stress in your life. If your Raynaud's is severe or very troublesome to you, your doctor may prescribe medication to help dilate your blood vessels and improve bloodflow, for example, nifedipine or nitroglycerine.

Sjögren's syndrome

Saliva and tears. Most people don't give a second thought to these body fluids – until they dry up. Without naturally produced moisture, your eyes and mouth may become so dry that you feel like you're trapped in a desert. Sjögren's syndrome is an autoimmune condition that attacks glands in the soft lining in and around the eyes, mouth and genitals that secrete fluid to keep these areas moist. This condition primarily affects women, especially those past middle age

Symptoms:

The hallmark symptoms of Sjögren's syndrome are dry eyes and mouth. You may find that your eyes are sensitive to bright light, or burn or feel scratchy, especially in the morning. You may have a dry cough or scratchy throat, caused by lack of saliva. Another sign may be an increase in cavities, mouth infections or mouth ulcers. Some symptoms of Sjögren's syndrome are similar to those of lupus – in particular, joint pain and fatigue – making it difficult for you to distinguish which condition is causing which symptom. Symptoms range widely in severity, from barely noticeable to debilitating.

Management:

Fortunately, most of the symptoms of Sjögren’s syndrome can be managed with over-the-counter medications and practical strategies. If you have persistently and extremely dry eyes, your doctor may suggest plugging your tear ducts with collagen to increase moisture. For severe Sjögren’s syndrome, your doctor may prescribe medications such as an antimalarial, systemic corticosteroid and/or immunosuppressive agent.

Gastrointestinal conditions

Many people with lupus experience a variety of gastrointestinal (GI) problems at one time or another. These might include nausea, vomiting, diarrhea or constipation. The source of these problems may be lupus itself, your medications or another associated condition.

Symptoms and causes:

Reflux, or heartburn, is common. It occurs when food and/or acid from the stomach ends up back in the esophagus (the "food tube" that runs from your mouth to the stomach). Reflux can be caused by a weaker-than normal muscle separating the esophagus and stomach; this is called a hiatal hernia. Many nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids and chemotherapy used to treat lupus are associated with GI problems, ranging from upset stomach to erosions in the stomach that can lead to ulcers.

Management:

Most GI symptoms can be managed with medications and practical lifestyle changes. Antacids such as Tums or Maalox may offer temporary relief of symptoms. For more serious or persistent problems, your doctor may prescribe medications such as a proton-pump inhibitor. If you have an upset stomach after taking medications, try taking them with food. Talk to your doctor or pharmacist about other tips to reduce the chance of GI discomfort caused by drugs. Another helpful tip is to eat small, frequent meals during the day rather than fewer large ones. To avoid gastric reflux, don’t lie down for at least two hours after eating

This is not an exhaustive list of conditions that may occur alongside lupus. To find out additional diagnostic and symptom management information click the button below.

[Read More](#)

Recipe: 15 Minute Lo Mein

Sauce Ingredients:

- 2 tablespoons dark soy sauce
- 1 tablespoon light soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon sugar

Lo Mein Ingredients:

- 4-6 ounces uncooked ramen noodles
- 1 tablespoon sesame oil
- 3 green onions, chopped (*separate green parts from white parts – you'll use both separately*)
- 2-3 cups julienne cut or chopped vegetables like carrots, red peppers, cabbage, bok choy, mushrooms, or broccoli
- 1-2 tablespoons mirin

Directions:

- **Sauce:** shake all the sauce ingredients together in a jar.
- **Noodles:** cook the noodles according to package directions. Drain and set aside.
- **Lo Mein:** Heat the sesame oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned bits up off the bottom of the pan. Add the cooked noodles and about half of the sauce – toss around in the hot pan to combine. Add more sauce if needed (I usually gauge the amount of sauce I want by the color of the noodles – you want a medium brown color, not too light, not too dark). Serve topped with remaining green onions!



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

Source: <https://pinchofyum.com/lo-mein>



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615 Davis Drive Suite 306
Newmarket, ON L3Y 2R2

Toll Free: 1-800-661-1468
Local: 905-235-1714

info@lupuscanada.org

www.lupuscanada.org

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