

# Let's Talk Lupus

Monthly E-Newsletter

*And just like that, March is here! It seems like just last week we were ringing in the new year but in reality, on the 21<sup>st</sup> of this month we will be celebrating the first day of spring. That means longer days, warmer weather and blooming flowers all over the country although, it remains cold in many areas around Canada. The time change can sometimes affect sleep, general energy levels and mood so, be sure to take a look at our website for tips on how to cope with this. Many families however may be planning a week-long getaway with March Break and Reading Week coming up this month for students all across the country! If travelling somewhere particularly warm, remember the tips and tricks we shared with you last July (<https://www.lupuscanada.org/wp-content/uploads/2018/07/July-2018-Newsletter-WEBSITE.pdf>).*

In this month's newsletter, we wanted to bring you important information on diet and nutrition and how that can be modified for a lupus patient. There may be certain things that you need to think about aside from just "eating well" in order to maintain your health and reduce the potential for flares.

---



For every **online donation** of **\$50** or more made to Lupus Canada  
on

**March 8, 2019**

Your name will be entered to win a  
limited edition player created DeMar DeRozan ballcap  
in support of Lupus Canada

**DONATE NOW**

your gift makes a difference

## What's New in Research

Lupus Canada was pleased to help support the 1000 Canadian Faces of Lupus study as persistent disease activity remains a burden for patients with SLE. To read the full article please

visit <http://www.jrheum.org/content/46/2/166>



## Scholarship News!

Lupus Canada is proud to announce the 2019 Lupus Canada Scholarship program. New this year we will be offering **eight (8) one-time scholarships of \$2,500 CAN** to students diagnosed with lupus,



who are entering into, or currently enrolled in, a post-secondary educational institution. For more information please visit [www.lupuscanada.org](http://www.lupuscanada.org)



## Lupus bracelets now available

Lupus Canada would like to thank Jodie Nimigon-Young for spearheading this fundraiser in support of Lupus Canada. We are happy to share her bracelets nationally. To get your lupus bracelet in time for World Lupus Day (May 10) place your order before April 1, 2019 by contacting

[jodienimigonyoung@gmail.com](mailto:jodienimigonyoung@gmail.com). Proceeds from the sale of every bracelet will go to help those living with lupus. Each bracelet is \$20 (shipping included).

Jodie's lupus journey began 24 years ago, at the age of 13 when she was diagnosed after several years of unidentified symptoms, a situation not unlike most of you. She jumped in immediately to the Lupus Ontario circuit with support groups and fundraisers, as well as with a youth newsletter for Lupus Canada. She started her own support group at 16, and went onto being a youth contact for Lupus Canada. Jodie's involvement with lupus organizations followed her wherever she moved, and included her home town of Bowmanville, to Ottawa (for her Bachelor's psychology), to Montreal (Bachelor's social work) and Toronto (Master's social work). At each junction Jodie continued her involvement, introduced myself to the local culture of lupies, and extended her knowledge and support.

Jodie is always looking for new ways to fundraise, raise awareness and spread the word. With her interest in jewelry making and beading, it was a great combination of both her passions to help raise awareness for this under-funded and under-recognized disease.

# LAUGHS FOR LUPUS



**MAY 9 • 2019**  
**SECOND CITY**  
**TORONTO**



**GUESTS OF HONOUR**

**COLIN MOCHRIE**

**DEBRA MCGRATH**

**PATRICK MCKENNA**

**TICKETS \$150.00 DOORS OPEN AT 7PM**

**SHOWTIME AT 9PM**

**IN SUPPORT OF THE THOUSANDS OF CANADIANS LIVING WITH LUPUS**

**LUPUS**  
**CANADA**  
Life Without Lupus



**FOR TICKETS 1.800.661.1468**

**LUPUSCANADA.ORG**

**INFO@LUPUSCANADA.ORG**

CHARITABLE REG. # 11902 5872 RR0001

---

***Get your tickets today before they sell out!***

## **Put On Purple (POP) T-Shirt**

Be sure to get your POP t-shirt in time to wear on Friday May 17! To order your t-shirt please visit



[www.lupuscanada.org/POPtshirt](http://www.lupuscanada.org/POPtshirt) or contact Lupus Canada @1-800-661-1468.

## **Nutrition Tips for Lupus**

Source: <https://www.healthline.com/health/lupus/diet-tips>

### **Switch from red meat to fatty fish**

Red meat is full of saturated fat, which can contribute to heart disease. Fish are high in omega-3s. Try to eat more:

- salmon
- tuna
- mackerel
- sardines

Omega-3s are polyunsaturated fatty acids that help protect against heart disease and stroke. They can also reduce inflammation in the body.

### **Get more calcium-rich foods**

The steroid drugs you may take to control lupus can thin your bones. This side effect makes you more vulnerable to fractures. To combat fractures, eat foods that are high in calcium and vitamin D. These nutrients strengthen your bones.

Calcium-rich foods include:

- low-fat milk
- cheese
- yogurt
- tofu
- beans
- calcium-fortified plant milks
- dark green leafy vegetables such as spinach and broccoli

Ask your doctor about taking a supplement if you're not getting enough calcium and vitamin D from food alone.

### **Limit saturated and trans fats**

Everyone's goal should be to eat a diet that's low in saturated and trans fats. This is especially true for people with lupus. Steroids can increase your appetite and cause you to gain weight, so it's important to watch what you eat.

Try to focus on foods that will fill you up without filling you out, such as raw vegetables, air-popped popcorn, and fruit.

### **Avoid alfalfa and garlic**

Alfalfa and garlic are two foods that probably shouldn't be on your dinner plate if you have lupus. Alfalfa sprouts contain an amino acid called L-canavanine. Garlic contains allicin, ajoene, and thiosulfates, which can send your immune system into overdrive and flare up your lupus symptoms.

People who've eaten alfalfa have reacted with muscle pain and fatigue, and their doctors have noted changes on their blood test results.

### **Skip nightshade vegetables**

Although there isn't any scientific evidence to prove it, some people with lupus find that they're sensitive to nightshade vegetables. These include:

- white potatoes
- tomatoes
- sweet and hot peppers
- eggplant

Keep a food diary to record what you eat. Eliminate any foods, including vegetables, that cause your symptoms to flare up every time you eat them.

### **Watch your alcohol intake**

The occasional glass of red wine or beer isn't restricted. However, alcohol can interact with some of the medicines you take to control your condition. Drinking while taking NSAID drugs such as [ibuprofen](#) (Motrin) or [naproxen](#) (Naprosyn), for example, could increase your risk of stomach bleeding or ulcers. Alcohol can also reduce the effectiveness of [warfarin](#) (Coumadin) and may increase the potential liver side-effects of [methotrexate](#).

### **Pass on salt**

Set aside the saltshaker and start ordering your restaurant meals with less sodium. Here are some tips:

- order your sauces on the side, they are often high in sodium
- ask for your entrée to be cooked without added salt
- order an extra side of vegetables, which are rich in potassium

Eating too much salt can raise your blood pressure and increase your risk for heart disease, while potassium can help combat high blood pressure. Lupus already puts you at higher risk for developing heart disease.

Substitute other spices to enhance food flavor, such as:

- lemon
- herbs
- pepper
- curry powder
- turmeric

A number of herbs and spices have been sold on the web as lupus symptom relievers. But there is very little evidence that any of them work.

These products can interact with drugs you're taking for lupus and cause side effects. Don't take any herbal remedy or supplement without first talking to your doctor.

---

## **Recipe: Beef and Cabbage Stir Fry**

### **Ingredients**

- 1 lb lean ground beef (or turkey, venison, etc)
- 1 small head of cabbage, chopped
- 2 onions, thinly sliced
- 2 carrots, grated
- Spices to taste: salt, pepper, garlic, basil, oregano, thyme, etc



### **Directions**

- Brown beef in a large skillet or wok, adding spices to taste as you go.
- When beef is almost completely browned, add sliced onions and grated carrots.
- When onions/carrots are starting to soften, add the cabbage and spice well.
- Cook about 10 more minutes, stirring often until cabbage starts to soften.
- Can be topped with salsa or sour cream if desired.

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

Source: <https://wellnessmama.com/2207/beef-cabbage-stir-fry/>

---

## Visit Our Website

[Home](#) | [Contact](#) | [About Us](#) | [Make a Donation](#)

---

### STAY CONNECTED:



615 Davis Drive Suite 306  
Newmarket, ON L3Y 2R2



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



[info@lupuscanada.org](mailto:info@lupuscanada.org)



[www.lupuscanada.org](http://www.lupuscanada.org)

**Working together to conquer lupus**

[Privacy Policy](#) | [Unsubscribe](#)

[Lupus Canada](#)  
306-615 Davis Drive, Newmarket, ON L3Y 2R2