

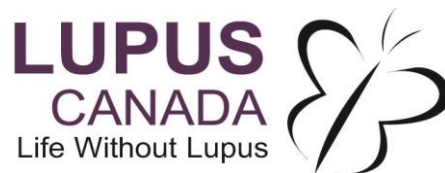
OCTOBER E-NEWSLETTER

Subject: *Let's celebrate and give thanks.....*

Leaves, pumpkins and nature's grand finale...Autumn. What a beautiful season to celebrate and focus on what we are grateful for and to take the time focus on the positive things in each of our lives. At Lupus Canada we celebrate **Lupus Awareness Month**. During the month of October lupus patients and supporters across Canada work to raise awareness for this under-recognized and under-funded disease. Send us your stories and photos on how are you celebrating Lupus Awareness month.

With Thanksgiving coming up, are you wondering what to serve your guests? Watch for our Pumpkin Coconut Milk soup video on our Facebook fan page on October 6. It is a healthy addition to any Thanksgiving meal.

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



Lupus Canada is excited to announce that we are re branding!

As of October 1, 2016 Lupus Canada's official color changes from red to purple in alignment with other World Lupus groups. Our new logo will encompass the artistic butterfly and our vision statement "**Life Without Lupus**". Please visit our website to see our new colours!

As we strive to reach as many people that have been affected by lupus through research, public awareness, education and advocacy.

***Have you followed us on Twitter and Instagram?
Have you liked our Facebook page and joined our Facebook group?***





MY LUPUS STORY by Kasey Christensen

My name is Kasey and this is my Lupus story. I am 62 years old and have lived with Lupus for over 30 years. I was diagnosed with Lupus when I was 30. After many misdiagnosis and trial meds. At that time I was only having joint pain, fatigue, mouth sores, skin rashes. I did not concern myself too much with the diagnosis and carried on with my life. More good days than bad. In 2010 I was hosting my quilting retreat away from home. That's when my life changed forever. My husband had to come and get me and take me to hospital. My students had to run their own retreat. At the hospital I was pretty much given every test known to man. The flare up at the retreat was full body acute shingles/nerve pain. Similar to being lit on fire. After all the tests came back the result was..... Vasculitis of the brain, pulmonary embolism, and my liver was not good. I was put on massive doses of prednisone and was in hospital for a very long time. I was barely coherent and not at all well. The Lupus has gone systemic. It is now 2016 and I have a very good life. Let me tell you how I live with systemic lupus. First of all I have a very understanding husband who does most of the cooking and cleaning as well as having a full time job. He feels that if I am having a good day i should spend it having fun not working. Also.....I am on substantial amounts of immune suppressants so I do not touch anything. I carry kleenex in my pocket and used them to touch anything from doors to bank machines. I get up every day and take it as a gift. I don't think about having Lupus unless something is up and then I deal with it.

I am a very positive person and live my life that way. Don't waste any time feeling sorry for myself or dwelling on it. I am still on a lot of meds but I am on this side of the grass and that works for me!

Thanksgiving Survival Guide: Coping with Thanksgiving with lupus

I am thankful for my family. Really I am. But there are times when I secretly wish I could cater to how I feel and take a much-needed break; Thanksgiving is unfortunately one of those times. I am in the midst of a flare right now. I am hurting, adjusting to a higher dose of Plaquenil and experiencing a daily battle with horrible fatigue. But, come Thanksgiving Day I will be up at the crack of dawn prepping the bird and creating my famous stuffing. It is a tradition. It is expected. And it is not in my character to disappoint my family. Bouncing about in my conscience is the phrase, "You just have to!" I personally don't feel there is an option for me to simply stay in bed that morning. I experience this conflicted feeling at other times too; knowing I should give myself a break yet not really willing to downgrade the task at hand to something more manageable. For example, at Christmas my home is host to "cookie day". All the family comes over to our house for dinner and cookie making. The event lasts about six to

seven hours and is fun, but horribly exhausting. But do I cancel cookie day? No. Despite my lupus, it is something I can't even think about eliminating from our calendar. There are just certain things us warriors must buck-up and do and for me, Thanksgiving and certain Christmas events will always be one of them. So I try, depending on how I am feeling in the days leading up to Thanksgiving, to create an action plan. I approach most of my life like this; always making plans and preparing for what lupus might bring and how I might best survive it.

RECIPE: Tips for a healthier Thanksgiving



Ingredients:

- ❖ 2 small eggs
- ❖ 1 avocado, halved and pitted
- ❖ 2 slices of cooked peameal bacon, crumbled
- ❖ 2 teaspoons chopped fresh chives
- ❖ 1 pinch dried parsley
- ❖ 1 pinch sea salt and ground black pepper

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

Tips for a healthier Thanksgiving

Make a list – Write down what needs to be done, prepped or cooked, and when. The more planned out things are the less likely you are to add on extra items to your to-do list. Often we take on more than we can possibly do, but if you have it all written down it is easier to see that you are doing more than enough and you don't have the time or energy to take on more.

Source:

<http://lupus.newlifeoutlook.com/thanksgiving-survival-guide/>

Directions:

Prep Time – 10 minutes Cook/Time – 15 minutes/Ready In – 25 minutes

- ❖ Preheat oven to 425 degrees F (220 degrees C).
- ❖ Crack the eggs into a bowl, being careful to keep the yolks intact.
- ❖ Arrange avocado halves in a baking dish, resting them along the edge so avocado won't tip over. Gently spoon 1 egg yolk into the avocado hole. Continue spooning egg white into the hole until full. Repeat with remaining egg yolk, egg white, and avocado. Season each filled avocado with chives, parsley, sea salt, and pepper.
- ❖ Gently place baking dish in the preheated oven and bake until eggs are cooked, about 15 minutes. Sprinkle bacon over avocado.

Source:

<http://allrecipes.com/recipe/240744/paleo-baked-eggs-in-avocado/?internalSource=search%20result&referringContentType=search%20results&clickId=cardslot%201>