



# LET'S TALK LUPUS

March 2024 E-Newsletter  
Together We Can Make A Difference



*"Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed and difficulties overcome. It is faith that a source of strength and renewal lies within to lead us through the dark into the sunshine." - Liz Chase*

As we embrace the arrival of spring on **March 18th**, take a moment to appreciate the nature blooming around us. Take some time to soak in the beauty of the changing season and the promise of warmer days ahead. Spring brings with it the promise of new beginnings and growth. With the onset of daylight savings on **March 10th**, we are reminded of brighter, more hopeful times ahead. On **March 8th**, Lupus Canada stands alongside the world in honouring International Women's Day. It's a time to celebrate the remarkable women who grace our lives with their strength and courage, specifically women who are impacted by lupus. For more information on the International Women's Day 2024 #InspireInclusion campaign click [here](#).

The International Day of Happiness on **March 20th** encourages us to cultivate joy and spread positivity, especially as we transition into the warmer season. Cherish the small moments of happiness and resilience that light up our lives. To learn more click [here](#).

Let's journey through March together, embracing hope, resilience, and community.

## ***Together We Are Making A Difference!***

Join our mission to make a difference for those impacted by lupus. Together let's sow seeds of hope and possibility. Your support helps bring us one step closer to a 'Life Without Lupus'.

[\*\*Donate Now\*\*](#)

# LUPUS CANADA NEWS



## Calling All Educators - Join The “Classroom for a Cause” Campaign!

We are delighted to introduce our new lupus awareness campaign, “Classroom for a Cause”, an initiative geared towards classrooms across Canada. Lupus is a complex autoimmune disease that affects numerous individuals worldwide, and we believe it is crucial to educate the younger generations about this condition. Classrooms can participate by drawing and sharing their butterflies.

Student drawings will be showcased on May 10, 2024 – World Lupus Day.

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## 2024 Lupus Canada Scholarship Program

Lupus Canada is proud to offer six (6) one-time scholarships of \$2,000 CAD each to students diagnosed with lupus, who are pursuing higher education at a post-secondary institution.

Living with lupus presents unique challenges, and navigating post-secondary education can add to the complexity. A sudden flare can jeopardize academic standing as well as the ability to attain and maintain scholarships and financial aid. At Lupus Canada, we understand the importance of supporting students with lupus on their academic journey.

*"The Lupus Canada Scholarship helped me reach my goal of becoming a pharmacy technician. This scholarship helped alleviate some of the stress and anxiety that comes with moving to a new province and learning something new. This spring, I will be taking my licensing exams to become a licensed pharmacy technician in Canada and Saskatchewan. Luckily, my lupus has been controlled for the past couple years and I haven't had any major flare ups since I was diagnosed in August 2019. I am so grateful for my wonderful team of doctors and support from my friends and family along with the continued support from Lupus Canada. Thank you so much for the scholarship and I can't wait to practice as a licensed pharmacy technician and help others in my community!"*  
Amanda, 2020 Lupus Canada Scholarship Recipient

We're continuously inspired by the resilience and determination of these students and are honoured to play a part in their academic journeys.

**Applications are due May 31, 2024.**

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## WHAT'S NEW



### **World Lupus Federation Survey: Lupus and Steroids**

Join the World Lupus Federation in making a difference!

Calling all lupus warriors and advocates: The World Lupus Federation's annual patient survey is live! Your voice matters, and we need your help in sharing this survey far and wide within your lupus communities.

This year, the survey focuses on lupus and steroids, aiming to shed light on how steroids are used in lupus treatment and their impact on patients worldwide. By participating, you're contributing to a deeper understanding of lupus care and raising awareness about crucial treatment aspects. After analyzing the survey data, the Federation will share key messages and social media resources to amplify lupus awareness globally, including on May 10th, 2024 for World Lupus Day. Act fast! The survey closes on March 18, 2024. Spread the word and encourage your lupus community to participate. Together, let's make our voices heard and drive positive change!

Please note that the survey is available in 20 languages.

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# LET'S TALK LUPUS

## Lupus Corner

with *Mauricia Ambrose*

"Since the inception of International Women's Day in 1909, women have been celebrated for their bravery and accomplishments. In this article I'd like to focus on the women who are making amazing progress in battling the silent disease, Systemic Lupus Erythematosus (SLE). Most of you who read this blog already know what lupus is. It is an autoimmune disease which has no cure and no cause. Our immune systems are overactive and cannot distinguish between our normal cells and foreign bodies. Because of this, our internal organs are constantly under attack. Any organ can be affected – for example, our lungs, kidneys, or our heart.

The women in this article are making strides to combat this illness and make the lives of lupus patients better every day."

[Read More](#)

**HOPE**  
life without lupus



Working together to conquer lupus

## RECIPE



### Banana Bread Granola

These crunchy clusters give you that classic banana bread flavour but with fibre filled oats, real maple syrup and omega-3 filled walnuts to start your day, rather than a sugar crash! Pair this with a high protein yogurt and you'll be energized and satiated all morning long.

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## COVID-19 NEWS

### The Canadian Immunocompromised Advocacy Network (CIAN) – Advocating for immunocompromised people across Canada

"In the spring of 2022, even as COVID-19 restrictions were being lifted across the country (and the world), there was still a great deal of concern from immunocompromised patients about how they navigate the 'post-pandemic world'. In response to this need, a patient action group comprised of nine organizations convened to discuss issues facing immunocompromised Canadians. This initial group evolved to become the Canadian Immunocompromised Advocacy Network (CIAN), which now has 11 patient groups and 4 individuals with lived experience."

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## RESOURCES



### Let's Talk Lupus: Bone Health & Steroids

Lupus Canada's Let's Talk Lupus Videos, is a video series aimed to provide the lupus patient and/or caregivers with accurate up to date medical information on topics of interest.

Watch our Let's Talk Lupus video with Dr. Steiman as she discusses if lupus patients should increase their Vitamin C intake while taking steroids.

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## PERSONAL STORIES

### 'A career, four boys, and lupus' with Kim

Kim Dumais – a mother of four, a dedicated professional, and a lupus warrior – exceeds expectations and inspires those around her with her resilience, determination, and unwavering spirit.

"Nothing seems out of place from the outside. To see her juggling her new professional duties and her family responsibilities, including being a hockey mom to her four boys, it's clear: Kim Dumais has energy to spare. However, it's not always as straightforward as it seems. There are days when, without warning, lupus imposes its own agenda on her."

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## COMMUNITY ENGAGEMENT

### Introducing "A Girlfriend's Guide to Lupus"!

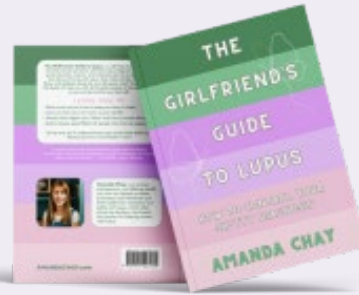


Navigating life with lupus can be challenging, but Amanda Chay offers a beacon of hope and a dose of humour in her book, "The Girlfriend's Guide to Lupus". Amanda's personal journey as a lupus warrior and a parent to a daughter battling the same condition is at the heart of this transformative guide.

As an author, entrepreneur, and advocate for health, Amanda knows firsthand the challenges lupus presents. Through candid discussions about her own journey with lupus—embracing the challenges, celebrating the victories, and sharing strategies for resilience and simple steps to enhance one's well-being—Amanda aims to cultivate empathy and support for individuals living with lupus and their support team.

"How you live and the decisions you make each day have a big impact on the quality of your life with lupus," Amanda reminds us. While managing lupus is no small feat, Amanda's book emphasizes the power of consistent, positive health actions in improving overall well-being. Join us on this transformative journey with "A Girlfriend's Guide to Lupus" and discover the inspiration and empowerment to live your best life with lupus.

Find the book on Amazon [here](#).



### #KickLupusOut Soccer Tournament

Register your team! May 18th, 2024 at Miller Park in West Lorne Ontario help to #KickLupusOut by coming out to raise funds for Lupus Canada. Together lets make Lupus visible and kick it out of the game!

[Read More](#)

### Creative Wanderings Lupus Awareness Fundraising Campaign

The talent behind Creative Wanderings, sisters Jolene and Tai, are generously donating 10% of their Lupus Awareness Collection sales to support Lupus Canada. Watch their socials for an official campaign kick-off announcement in early March!



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### 3rd Annual Luis Aguirre Memorial Golf Tournament Powered by: Big League Movers – SAVE THE DATE!

To be held at Puslinch Lake Golf Course, register your team now to participate in this 2x sold out event in support of Lupus Canada.

To register your team or to get more information on how to become an event sponsor, contact: [jonathan@puslinchlakegolf.ca](mailto:jonathan@puslinchlakegolf.ca).

*Working together to conquer lupus.*

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