

## LET'S TALK LUPUS

*October 2022 E-Newsletter*

### Welcome to October!

'Tis the season of pumpkin spice lattes, apple picking, plaid shirts and changing leaves. October is also a time to celebrate and be grateful as we acknowledge

**Thanksgiving on the 10th.** As we enjoy all the activities this season has to offer, let's also remember to take the time to slow down and spend time with family and friends.

**October 10th is World Mental Health Day**, an international day in which we endeavor to raise awareness, advocate, and educate ourselves to reduce social stigma. Please take the time to check in with yourself and those around you. There are support systems to help and we encourage you to seek the help you may need. CAMH has many helpful pages of recommendations, tips and resources.



#### Important Dates To Keep In Mind:

October 1st, 2022 - **The launch of Lupus Canada's Purple Pumpkin for Lupus campaign**

October 1st, 2022 - **International Day of Coffee**: a kick off to pumpkin spice latte season

October 10, 2022 - **World Mental Health Day**

October 10, 2022 - **Thanksgiving**

October 31, 2022 - **Halloween**: Pumpkin carving, trick or treating and costumes!

***Thank you to our loyal supporters who allow us to continue to make an impact within the lupus community. The power to improve lives is in your hands.***

*Help support Lupus Canada by donating below*

**DONATE NOW**

*your gift makes a difference*



## Purple Pumpkins For Lupus



Lupus Canada is excited to announce that our 2nd annual Purple Pumpkin For Lupus Campaign has officially started! As we approach Halloween, we invite you to join Lupus Canada in this festive Halloween initiative to create awareness for lupus. The Purple Pumpkin for Lupus Campaign asks Canadians to place a purple pumpkin outside their home to raise lupus awareness.

After launching this campaign last year, Lupus Canada was thrilled with the positive response we received and we enjoyed seeing all the ways you integrated the Purple Pumpkin for Lupus into your Halloween activities with friends and family. By putting a purple pumpkin on your front porch you are supporting the over 1 in 1,000 Canadians living with lupus!

### How can you help?

- *Buy a pumpkin and paint it purple!*
- *Visit our Purple Pumpkin for Lupus Campaign Page and download a Lupus Awareness Sign*
- *Place the Lupus Awareness Sign beside your pumpkin*
- *Tell your friends and family about this initiative*
- *Send us photos of your purple pumpkins to be featured on our social media platforms to [info@lupuscanada.org](mailto:info@lupuscanada.org) or by tagging us on social media before November 1st 2022*

**Support children and families who live with lupus and join us this Halloween season!**

To learn more please visit <https://www.lupuscanada.org/purplepumpkin-2022/>

## Lupus Canada's 2022 Holiday Silent Auction

Get your virtual paddles ready for this year's online silent auction; you definitely don't want to miss this! Place your best bid, all in support of Lupus Canada, this **November 14th - 21st** and remember to check back often throughout the week to see if you are still the lucky winner.

This year's auction is made possible through the generosity of contributors from various cities across Canada and includes hotel stays in beautiful destinations, memberships to various wellness spaces & high-end portrait photography, just to name a few.

Don't forget to mark your calendars for this exciting online event whose funds will directly support Lupus Canada's mission; life without lupus.



Lupus Canada is pleased to present the  
**Let's Talk Lupus**  
Disease Awareness Webinars



An informative and interactive series of webinars for all Canadians impacted by lupus. Each month we will offer a new topic. To learn more about our upcoming webinars please visit <https://lupuscanada.org/resources/disease-awareness-webinars/>.

Sponsored by AstraZeneca

## Let's Talk Lupus - Disease Awareness Webinars



On November 17th at 7:00 pm EST Lupus Canada will be joined by Dr. Roger Levy who will discuss empowering women living with lupus by educating them on lupus and pregnancy/fertility; what to know and to think of, questions to ask, things to consider, the stigma around lupus and pregnancy.

Professor Levy worked as Adjunct Professor of Rheumatology at The State University of Rio de Janeiro, Brazil, from 1996 to 2017.

He completed a fellowship programme in Rheumatology in 1989 at HSS/Cornell Medical College and received his PhD in Immunology/Biological Sciences from The Federal University of Rio de Janeiro in 1994.

Professor Levy's research concerns the clinical and immunological aspects of Systemic Lupus erythematosus (SLE), antiphospholipid syndrome (APS), Sjögren's syndrome and always had a special interest and many publications on the interplay of pregnancy and autoimmune diseases

To learn more about Dr. Levy and to register for the webinar, please visit <https://www.lupuscanada.org/resources/disease-awareness-webinars/>

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## Advocacy Campaign

Lupus Canada will embark on a national advocacy campaign this Fall. The campaign is aimed to engage with our Elected Officials to:

- Provide a better understanding of what lupus is and
- Emphasize the immediate need for a diversity of treatments

Given the complexity and diversity of lupus, no one expects a one size fits all treatment. A diverse illness requires a diversity of treatments. Lupus patients are falling through the cracks of the health care system due to the complexities of this disease.

This campaign is to urge our elected officials to publicly recognize and commit to Lupus Canada's advocacy campaign; which seeks to change how new treatments are reviewed and to encourage a swifter review and approval allowing ALL Canadians equitable access to care.

We ask our Elected Officials to help us by doing the following:

- Help raise awareness by sharing lupus related information about lupus via social media.
- Follow Lupus Canada on social media to educate yourself and your colleagues about lupus.
- Speak in the House of Commons to raise concerns about lupus and the real impact early diagnosis and available dedicated treatments will have on the health care system.

**Join Lupus Canada as we try to make a difference**

**STAND UP - BE HEARD!**

**KEEP AN EYE OUT FOR THE LAUNCH OF OUR ADVOCACY CAMPAIGN IN OCTOBER!**



- 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 thiosulfinates, 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.

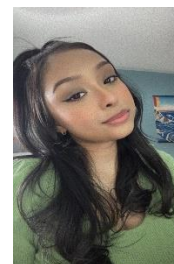
**The takeaway:** Lupus affects each person differently. A diet change that works for one person may not work for you. Keeping a food journal and having an open dialogue with your doctor and dietitian will help you determine how different foods help or hurt your symptoms.

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



Hey! I'm Allissa & I'm a lupus warrior :)

I'm a 22 year old, Guyanese girl living in Brampton, ON. It all started in the summer of 2020. The world went into lockdown due to Covid-19 and just like everyone else, I was struggling to stay indoors. I've always liked being out and about! Trying new foods, seeing my close family and friends and just enjoying summer. Towards September, when things slowly started to look better, I decided to head to a cottage in Ramara with my cousins to end of the bland summer we all just had. It was an amazing time — 4 days filled with activities in the sun, staying up late & us



attempting to cook for 11 hungry young adults. When we came back to Toronto, we were all feeling great and were excited to start planning our next trip. It wasn't until a couple weeks after this trip, I realized, maybe I wasn't feeling the greatest. In September, when we got back, I immediately I started back in school at York University for psychology, doing online classes and continued working at an escape room evenings and weekends. I was busy...Very busy actually! There wasn't much time for me to rest. I was always on the move, always doing something. Mid-September rolled around and I started feeling funny. My face began swelling up and I started developing a red skin rash all over my face. My eye became bloodshot and my body was aching. I was extra tired and I had a horrible cough. I lost over 20 pounds and wasn't eating much, if anything at all. Of course, everyone suspected I had covid but I knew it wasn't that. It was different. I was admitted to Brampton Civic Hospital for close to 5 days as doctors tried to figure out what was going on with me. Countless amounts of blood drawn and MRIs & CTs completed, as well as meeting with almost every type of doctor I could imagine. They discharged me even without telling me what was really going on. The next day, I had an appointment with a rheumatologist, as she told me I had diagnosed with Systemic Lupus Erythematosus.

Now, hearing this for the first time, of course I freaked out. I was well aware of what Lupus was, what it could do to people and how much it affected a person in their everyday lives. I was in shock. All I could say to myself was "why me? how did this even happen? I was completely okay a month ago?" No one in my family is sick with lupus. No one else that I knew personally had been affected by lupus. It was just me. From then on, I was on a very high dose steroid that caused me to gain a lot of weight, at a quick pace. My hair also unfortunately started to fall out, in a big chunks. As a young woman, with this happening to me in what I would like to call, my fun years, I was completely devastated. My doctor mentioned to me that taking time off school and work would be beneficial to help me get healthy again and back on track. So here I was, stuck at home, again, with my self esteem at an all time low. It was a struggle and sometimes I look back and wonder how I even made it out of that situation. However, thanks to an amazing support system, which included my parents, my brother & his wife, my grandparents, my cousins, aunts and uncles, my close friends and the team of doctors I continued to see regularly — I was able to feel better & do much better. I was eating healthier, I was exercising, I was able to get back to where I was!

Fast forward to February of 2021, I was able to start back at work again and pick up where I left off in school. I started working at St Joseph's Hospital and began taking classes again at York. Life was looking great! I cut my hair super short after having it long, I had reduced my medications and I was just feeling overall better. Then came the end of April. My close cousin contracted Covid-19 and passed away after a week in the hospital. It took our family by shock. He was in his 30s. A young, athletic, healthy man. From then, my family was never the same. With all the stress this came with, I found myself back at square one. I was eating unhealthy, not exercising, working almost everyday, staying in bed on my days off and not completing my school work. This triggered my first lupus flare in June. My eyes became swollen to the point where I couldn't see or open them. My face rash came back. I lost a lot more weight than the first time. I couldn't stomach any foods. I was admitted at St Joseph's for another 5 days. When arriving back at home, I was off from work for a month while I recovered. I was back on my high dose steroids, struggling to stay afloat. But again, with a great support system and adding in some amazing coworkers, I was able to feel better! I was back at work and in school towards July. After having a mini flare up again in October of last year, I decided to take time off work and school to feel completely better. I focused on becoming better all around through my diet, exercising, and my hobbies. In May of 2022, I was able to feel like myself again. Fast forwarding to right now! I'm 22 years old, turning 23 in a couple months, working full time at St Joe's. Still off from school because



after taking the time off, I realized, I'm better off taking another path. I've been feeling amazing! Taking the lowest dose of my medication I can to maintain my symptoms as well as just living the best possible life I can.

I guess the main takeaway of my story is to just Keep It Pushing. It's kinda become my motto. No matter how hard things seem like they are, Keep It Pushing. No matter how bad you want to give up, Keep It Pushing. No matter what life throws at you, Keep It Pushing. If I gave up after my first setback, I wouldn't be here today. I wouldn't have been able to experience all the good things that happened after. Also, having people around you, that genuinely care about you is extremely important. I don't think I'd be able to do it alone. Asking for help was hard to do because I'm so used to doing things alone but I'm so happy I did. Without my family and friends, I don't know where I would be. Life is definitely weird and definitely difficult but trust me, it's nothing you can't handle. Having lupus was for sure, something I never expected but I will never let it define me. I will never let it set me back to the point of no return. I embrace my diagnosis & by sharing my story, I hope it helps at least one person to remember to always Keep It Pushing.

Lupus Canada is an amazing organization who continues to give back to the community as well as share the stories of those fighting back at Lupus. Thank you Lupus Canada for giving me this great opportunity, and PLEASE donate if you are able to!



## Spotlight on Community Fundraisers



August 6th, 2022 marked the third annual Deadlift or Bust, put on by The Primal Movement. The Primal Movement started this event in 2018 in honour of their business owner Dallyn, who was diagnosed with lupus at the young age of 15. "Lifting weights has been a huge part of Dallyn's journey towards managing this disease, so we couldn't think of a better way to raise money for the cause!"

100% of the proceeds from this fundraiser went directly to Lupus Canada. Together they raised funds for much needed research and have provided support for other patients and families affected by this disease.

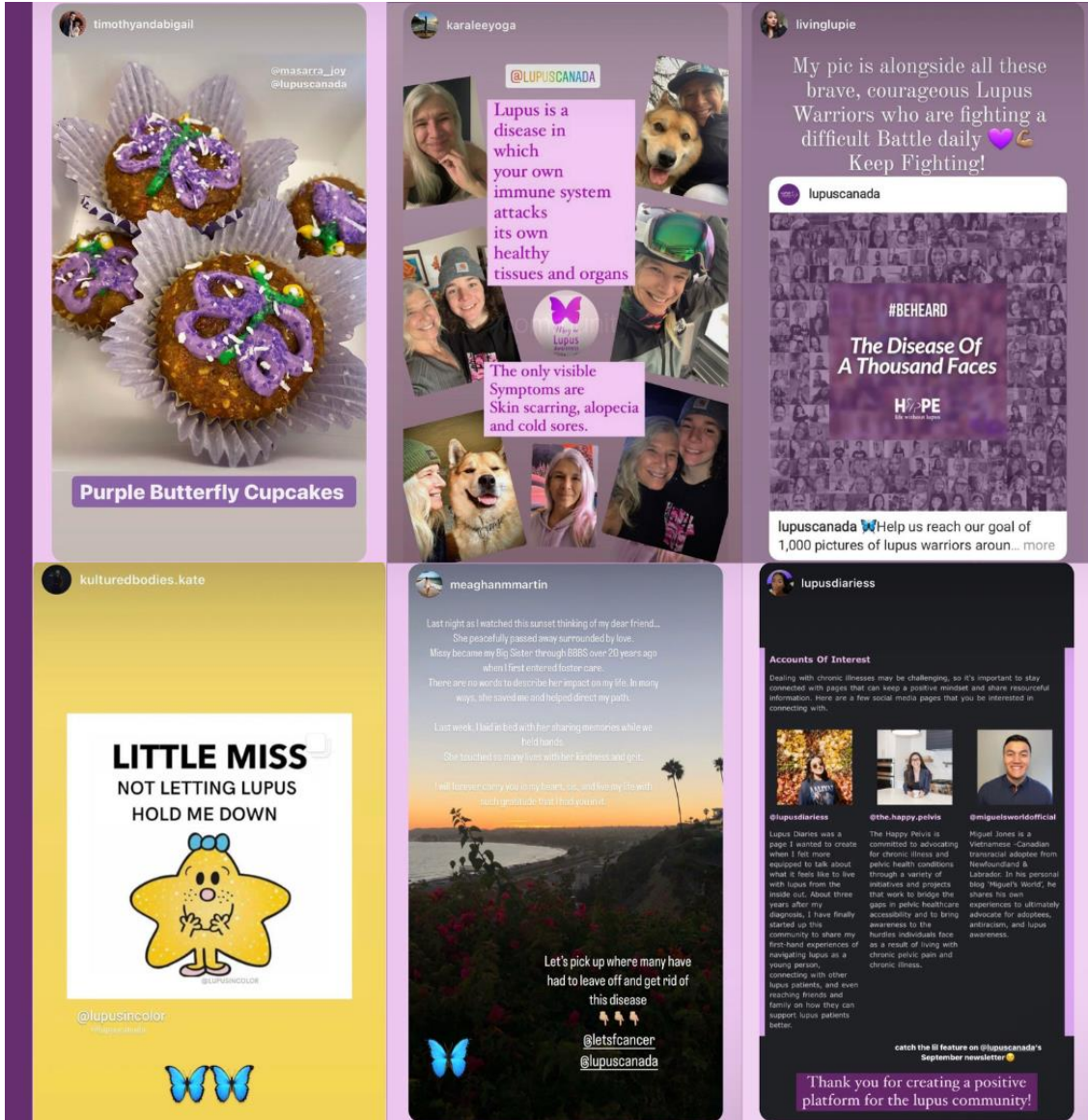
"We had another successful year of lifting for lupus and can't wait to see what next year brings!"

To learn more about The Primal Movement please visit <https://www.theprimalmovement.ca/about>.

# Social Media Highlights

Over the years, Lupus Canada has built a wonderful community of amazing people who always show love and support.

Thank you to everyone tagging us in their posts, here's a little recap of our favourite community posts! Keep tagging us in your posts for a chance to be featured in our Social Media Highlights!



## Accounts Of Interest

Dealing with chronic illnesses may be hard so it's important to stay connected with pages that can help boost morale and keep a positive mindset. We've decided to group together some great social media pages that we think can help make things easier!



[@lupuschickofficial](#)

From undiagnosed childhood illness and homelessness to being struck by a pickup truck as a pedestrian in my 20s, spending almost a year in recovery and officially being diagnosed with Lupus at that time, I have learned through each situation that I am an overcomer.

Like many of you, chronic illness and trauma has thrown me into the lion's pit more times than I want to remember.

Five small strokes. 35+ hospitalizations. PTSD. Brain Injury. Heart complications. A pulmonary embolism. Chemo. Vasculitis. A brain aneurysm. And even partially losing my eyesight for a season. It's been one hell of a ride...

In each incredibly low valley — where one loses all sense of direction and cannot see anything but the darkness that surrounds them — I slowly crawled my way (with tears, sighs, pep talks, praises, and perhaps a few cuss words thrown in for good measure) to the top of each mountain before me. And as I stood there, resting in the peace and security of having survived, I could see a landscape stretched before me made of peaks and valleys.

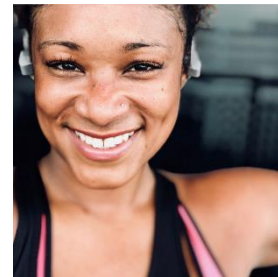


[@thelupusdietitian](#)

Tanya Freirich MS RD LDN CDCES is a Registered Dietitian Nutritionist based in North Carolina. Tanya owns and runs a virtual private practice that serves people with Lupus and other autoimmune diseases, and can be found online as "The Lupus Dietitian".

With more than a decade of experience in nutrition counseling and a Master's degree in Nutrition, Tanya Freirich is passionate about educating and collaborating with her clients to find their personal path to health. She helps her clients make personalized holistic dietary and lifestyle changes to reduce and eliminate flares, symptoms, and side effects.

In addition to 1:1 nutrition counseling, Tanya Freirich enjoys speaking to Lupus support groups, and runs a group coaching program, "Live Better with Lupus."



[@Coach\\_lizeth](#)

Lizeth Santamaria is a National Board-Certified Health and Wellness Coach (NBC-HWC), a lupus warrior, is known as The Lupus Coach®, and is the Founder and Owner of Discover Your Power®, LLC. Coach Lizeth is also a Certified Personal Trainer, Nutrition Coach, and Registered Yoga Teacher (RYT200), with over 15+ years of coaching and health education experience.

She obtained her bachelor's degree in Communications from the University of Central Florida as well as her master's degree in Human Resources from Rollins College. Today, she is currently pursuing her PhD to further her studies in holistic and integrative health from Saybrook University in the Mind Body Medicine program. She takes a holistic approach to help coach and empower others mind, body, and soul to improve their health, heal, live purposefully and authentically, and grow spiritually so they can transform their lives and create the life they want!



# RECIPES

Approved by registered dietitian Heather Penny

## A Delicious And Healthy Meal

### On The Menu: Red Lentil Soup

#### Ingredients

- 1/4 cup water, plus more as needed
- 1 full cup diced white or yellow onion
- 3 medium cloves garlic
- 2 tsp fresh minced ginger
- 1 healthy pinch of black pepper
- 4 cups peeled, cubed sweet potato (cut into 1/4-1/2-inch cubes or substitute with butternut squash)
- 3/4 cup red lentils
- 2 cups vegetable broth
- 1 cup water
- 1/4 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1 small pinch ground clove (optional)
- 1 healthy pinch of cayenne pepper
- 1/4 tsp sea salt (or to taste)
- 1/2 cup full-fat coconut milk
- 1-2 tsp maple syrup (optional)



#### Instructions

- 1** Bring a large pot over medium heat. Once hot, add water, onion, garlic, and ginger. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-5 minutes, stirring frequently, or until onion is translucent and fragrant. Add more water as needed to prevent sticking.
- 2** Add sweet potato and stir. Sauté for 5-7 minutes, stirring frequently and adding a little more water as needed to prevent sticking. Sweet potato should be slightly tender when pierced with a fork or knife.
- 3** Add red lentils, vegetable broth, water, turmeric, cinnamon, clove (optional), cayenne, sea salt, and stir. Bring to a gentle boil, reduce heat, cover, and simmer for 15-20 minutes, stirring occasionally or until sweet potatoes and red lentils are tender.
- 4** Add coconut milk and maple syrup (optional) and purée with an immersion blender until smooth. Taste test and add more maple syrup for sweetness, coconut milk for creaminess, cinnamon for warmth, cayenne for heat, vegetable broth or water to thin, and salt for overall flavor.

Source: <https://lupushope.org/recipe/warming-red-lentil-sweet-potato-soup-recipe/>



# QUICK LINKS



## Q&A's

All your lupus related questions answered by trusted professionals [here](#).



## Celebrity Ambassadors

Take a look at all of the celebrity ambassadors [here](#).

**LUPUS**  
CANADA  
Life Without Lupus



## Brochures

Read and learn about everything lupus related [here](#).

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[info@lupuscanada.org](mailto:info@lupuscanada.org)  
[www.lupuscanada.org](http://www.lupuscanada.org)

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