



## Fall Is In The Air!

*"Autumn is a second spring when every leaf is a flower." — Albert Camus*

Autumn is a season of change and beauty. Embrace the crisp air, vibrant colours, and of course, indulge in a decadent pumpkin spice latte! Lupus Canada wishes all Canadians far and wide a **Happy Thanksgiving on October 9th**. Thanksgiving is an opportunity for family and friends to gather, share delicious food, and give thanks for everything they have in their lives. We hope you are able to enjoy all the activities this holiday has to offer.

On **October 10th we recognize World Mental Health Day**. This is an international day in which we seek to raise awareness, advocate, and educate ourselves to reduce the social stigma surround mental health. CAMH has many helpful pages of recommendations, tips, and resources. For more information please visit [www.camh.ca/en/today-campaign/help-and-resources](http://www.camh.ca/en/today-campaign/help-and-resources).

Lupus Canada is excited to announce that our annual Purple Pumpkin For Lupus Campaign has officially started! As we approach **Halloween on October 31st**, we invite you to join Lupus Canada in this festive Halloween Initiative to create awareness for lupus. For more information please read below.

## ***Together We Can Make A Difference!***

*Thank you to our supporters. Your ongoing generosity helps Lupus Canada to continue to focus on our mission of improving the lives of Canadians impacted by lupus through research, advocacy, public awareness and education.*

*Support our initiatives, make a donation today!*

**DONATE NOW**

# LUPUS CANADA NEWS

## Lupus Strong: Raising Awareness, Inspiring Change

### Your Voice Matters

Lupus Canada invites you to participate in a significant and impactful event, a Lupus Canada Community Forum focused on discussing the critical issue of equity and access to patient care for those living with lupus. The lupus community, including patients, caregivers, healthcare professionals, and advocates, is keenly aware of the challenges faced in accessing quality healthcare services, treatment options, and support. We believe that it is crucial to address and share these issues in a collaborative manner to work towards meaningful solutions.

Date: Wednesday October 11th, 2023  
Time: 1:00 p.m. EST  
Duration: 1 hour



**This is your opportunity to be heard - your voice matters.**

[Learn More and Register Here](#)

## The Spooktacular 'Purple Pumpkin For Lupus' Campaign!



Prepare to enrich your Halloween experience by joining Lupus Canada in our 3rd annual Purple Pumpkin for Lupus campaign.

This Halloween initiative aims to create awareness for lupus. Infuse a dose of magic into your family's Halloween festivities this year by proudly displaying a purple pumpkin outside your home. In doing so, you'll help raise awareness for the over 1 in 1,000 Canadians who are impacted by this disease.

Embrace the spirit of Halloween, and together, let's create awareness and support for those battling lupus 🍁.

[Learn More](#)



Are you or someone you know affected by lupus?

# LUPUS AND LEARN

Join us for a public discussion with researchers and physicians about SLE and cardiovascular disease research in Canada and more!

**Topics Include:**  
 SLE & Cardiovascular Disease  
 How SLE patients access health information  
 Expert Panel Discussion  
 Ideas for Future Research

**Panelists Include:**  
 Dr. Ann Clarke, University of Calgary  
 Dr. May Choi, University of Calgary  
 Lesanne Mieczanek, Lupus Canada

**Thursday, October 26th 2023**  
 7:00 pm to 9:00 pm MT  
 Attend in person or online

**In Person Event:**  
 Calgary, AB  
 Patricia A. Whelan Hall at  
 Calgary Public Library

For more information please contact Francesca Cordwell ([fcordwell@uwaterloo.ca](mailto:fcordwell@uwaterloo.ca))



## Café Scientifique

*Are you or someone you know affected by lupus?*

Join us for a public discussion with researchers and physicians about current SLE research in Canada on Thursday October 26th from 7:00 to 9:00 pm MT.

### Topics include:

SLE & Cardiovascular Disease  
 How SLE patients access health information  
 Expert Panel Discussion  
 Ideas for Future Research

To learn more please visit [www.lupuscanada.org/research/whats-happening-in-research/](http://www.lupuscanada.org/research/whats-happening-in-research/).

[Register Here](#)

## Lupus Canada's Virtual Silent Auction 2023

Through the success of last year's online auction we were able to further support our initiatives and we look to our supportive community members - YOU! - to expand the potential impact of this year's event. Would you consider partnering with us?



Here's how:

**Donate:** a silent auction item.

**Sponsor:** an auction item on behalf of your company or family.

**Spread The Word:** with your network through social media posts, forward this email, tell your friends.

**Participate:** by gathering your friends, preparing your virtual paddles, saving the date and get ready to bid – **November 13th to 20th, 2023.**

*Please contact Heather Coates ([heather.coates@lupuscanada.org](mailto:heather.coates@lupuscanada.org)) for any silent auction inquiries. All funds will directly support Lupus Canada's mission; life without lupus.*

[Learn More](#)

# AN EXCLUSIVE PREVIEW



## LET'S TALK LUPUS



### Disease Awareness Webinar

Join Lupus Canada for our next Let's Talk Lupus Disease Awareness Webinar on **October 27th at 6:00 pm EST** when we will be joined by Dr. Pope who will be discussing vaccines and their importance for people living with lupus



Janet Pope is a Professor of Medicine and Rheumatologist at the University of Western Ontario, Schulich School of Medicine. She has published over 600 articles; resulting in several research accolades, but Janet is also a passionate teacher/educator especially in Rheumatoid arthritis, lupus and scleroderma...

[Learn More About Dr. Pope and Register Here](#)

## Lupus Corner with *Mauricia Ambrose*

"World Mental Health Day, Being Grateful and Seasons Changing

October 10th is World Mental Health Day and incidentally October 9th is Thanksgiving. What have you done recently to safeguard your mental health? As we prepare for Thanksgiving, and mother nature prepares for another season of renewal, let's be grateful for how far we've come and think about how we can recharge and renew our lives..."



[Read More](#)



## Let's Talk Lupus with Wendy: Creating Healthy Habits with a Routine Tracker

Lupus Canada is pleased to share a valuable tool that Wendy Issa has been using for over 10 years. This is a tool she shares with all her students and clients.

[Read More](#)

# RESOURCES

## Recipe: Gluten Free Spiced Pumpkin Pancakes

These pancakes are full of protein and healthy fats thanks to being made up of mostly eggs and almond flour. They also provide grounding and anti-inflammatory spices like ginger and cinnamon along with a sneaky dose of root vegetables. Top these with chopped walnuts for an added boost of Omega-3s!

[Read More](#)



## Managing Mental Health an Autoimmune Disease

Mental health: it's a discussion that our modern world is slowly beginning to embrace. Although there are many factors that can impact a person's emotional balance, the interplay between mental health and autoimmune disease is a topic that should not be dismissed.

[Read More](#)

# PERSONAL STORIES

## My Lupus Story with Bianca P.



"Earlier this year my life was altered by lupus. In January I had my first full-blown flare. At this point, I wasn't even diagnosed yet. I had a fever that lasted for more than a few days. One of the lymph nodes around my jaw was swollen. I had chills and night sweats during the time I was going through with the fever. In addition, I started to not eat and if I did eat something, I wouldn't keep it down during the night. This went on for a month. During this time, my GP had to go for multiple blood tests, nothing really was determined at this point. I was referred to see an infectious disease doctor in February at a hospital. While I was being examined by the infectious disease doctor, she noticed how lethargic I was, and told me that I looked very unwell..."

[Read More](#)

# COMMUNITY ENGAGEMENT

## Deadlift or Bust Fundraiser Brought to you by: The Primal Movement



Lupus Canada would like to thank The Primal Movement for hosting the 4th annual Deadlift or Bust Fundraiser.

Jamie Anthony, ACE-CPT, ACE-Fitness Nutrition Specialist, Pn, CLC, states, "We had an amazing turnout and celebrated lots of PRs! 🌸"

We are proud to announce that we raised a grand total of \$2123.50. All of the proceeds from this fundraiser will go directly to Lupus Canada, aiding in further research for this baffling disease.

As you all know, this cause is very close to our heart. Coach Dallyn has been battling SLE for 17 years and will continue her battle every day for the rest of her life.

Thank you to everyone who showed their support, either through lifting, donating, volunteering, or sponsoring this event. We look forward to next year!"

Through contributions like yours Lupus Canada is able to continue to focus on supports required for lupus research, advocacy, public awareness and patient support. Our greater vision; life without lupus.



## Anand Foundation Golf Tournament

Sincere congratulations to the Anand Foundation for the success of their first annual golf tournament, held August 26th at Hidden Lakes Golf Club, in support of Lupus Canada! From our Board of Directors as well as Staff, thank you for your generosity and for your continued mission to raise awareness about lupus.



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*Working together to conquer lupus.*

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