

LET'S TALK LUPUS

September 2022 E-Newsletter

September is here!

September is the beginning of a new season; students are returning to school, leaves are changing, and the temperature is starting to cool. As the long days of summer end and schedules get busier, it's easy to become overwhelmed. Make sure to show yourself grace and patience and take things one day at a time.



We hope everyone had a safe and enjoyable Labour Day. This time of the year can feel like a kickstart to a new you and a new season full of hope.

International Day of Charity took place on September 5th, 2022. We hope you were able to take an opportunity to recognize the work that charities do. Remember it is never too late to consider donating your time or making a monetary contribution.

Other Dates to Note in your Calendar:

- ***September 10th, 2022*** - World Suicide Prevention Day: By raising awareness of suicide, we can reduce stigma and provide a message of support and hope for those suffering. To learn more or access resources, see the International Association for Suicide Prevention <https://www.iasp.info/wspd/>.
- ***September 22, 2022*** - First Day of Fall.
- ***September 26, 2022*** - World Environmental Health Day: Every year this day is set aside to raise awareness of environmental issues and their impact on our health.
- ***September 30th, 2022*** - National Day for Truth and Reconciliation. For more information, resources or support please visit the Government of Canada page <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

Lupus Canada thanks our loyal donors who allow us to continue to focus on our mission and vision of improving the lives of Canadians impacted by lupus through research, advocacy, public awareness and education. Make a donation today and let's continue to work together to make lupus visible.

DONATE NOW
your gift makes a difference



Lupus Foundation of America and Lupus Canada Award Grant for Critical Study Examining Platelet Biology as a Potential Lupus Treatment Pathway

WASHINGTON, DC – August 31, 2022 – The Lupus Foundation of America and Lupus Canada are proud to announce that the 2022 Lupus Canada Catalyst Award has been awarded to Éric Boilard, PhD, Professor at Université Laval in the Department of Microbiology and Immunology and researcher at Centre de Recherche du CHU de Québec, for his study examining the role of platelets in lupus.

Dr. Boilard will be examining megakaryocytes, giant cells located in bones and lungs that produce platelets. Studies have shown that platelets can aggravate lupus by producing molecules that promote inflammation and plug blood vessels, a process known as thrombosis. In Dr. Boilard's study, he will study megakaryocytes to determine whether there are defects in these cells that subsequently promote the production of platelets that activate the immune system in lupus. The findings from his study could uncover new pathways that impact lupus classification criteria and treatment.

"Intriguing new research findings have shown that megakaryocytes may contribute to immunity, which is why it's critical for us to further understand these cells and how they may impact lupus," shared Dr. Boilard. "The Lupus Canada Catalyst Award from the Lupus Foundation of America and Lupus Canada is providing a unique opportunity to study this important area and utilize emerging new technologies to analyze these cells that hold potential promise for new lupus treatment pathways."

The Lupus Canada Catalyst Award supports and provides funding for one year to Canadian researchers at any stage in their career as they embark on innovative research projects that can advance the lupus field and significantly impact the lives of people with lupus.

"Through our partnership with Lupus Canada we have been able to support even more researchers studying important new frontiers in lupus research," said Stevan W. Gibson, president and CEO, Lupus Foundation of America. "Dr. Boilard's study on platelet impact in lupus and other important studies like this have the potential to change our approaches to lupus classification, treatment and improve the lives of people impacted by lupus."

"The Lupus Canada Catalyst Grant, in partnership with the Lupus Foundation of America, illustrates our commitment to investing in Canadian researchers who are focused in the area of discoid or systematic lupus erythematosus (SLE). We are proud to fund innovative lupus

research projects that have the potential to significantly advance the field or impact the lives of people with lupus," shared Malcolm Gilroy, Volunteer President, Lupus Canada.

For more information, please visit <https://www.lupuscanada.org/research/research-funding-programs/>.



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 and GSK

LUPUS CANADA
Life Without Lupus

Let's Talk Lupus - Disease Awareness Webinars

On **September 22nd at 7:00 pm EST** Lupus Canada will be joined by Tanya Freirich who will present ***Thriving on Good Nutrition for Lupus***.

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."

To register for the webinar please visit https://us06web.zoom.us/webinar/register/WN_CqS1Td-8RQ-XwD_aBuI9Iq

Scholarships

Lupus Canada is proud to announce the 2022 Lupus Canada Scholarship recipients. This year we offered six (6) one-time scholarships of \$2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution. Congratulations to those selected!



2022 Lupus Canada Scholarship Recipients

Sydney Klatt
Sarah Lafleur
Mack Nolan
Raichel Santos
Megan Schoon
Grace Videla-Nash

Thank you to all those who applied. For more information on the scholarship program visit <https://www.lupuscanada.org/news/lupus-canada-scholarship/>

Canada Summer Jobs 2022

Congratulations to Emma Blachar and Will Vainer for completing their work term with Lupus Canada through the Canada Summer Jobs program.

Emma, who joined us as our Administrative and Fundraising Assistant, states, "Through the Canada Summer Jobs program, I had the opportunity to work with Lupus Canada. It was an incredible experience in which I learned valuable research, fundraising, and advocacy skills. The mentorship and support I received from my supervisor and colleagues allowed me to grow as an employee in a welcoming environment. Working for an NGO was a fulfilling experience and gave meaning to my daily tasks. Thank you, Lupus Canada, for this rewarding opportunity".

Will, who joined our team in the role of Editorial/Graphic Design Assistant, states, "I had so much fun working with the Lupus Canada team! Everyone was so welcoming, and really made me feel a part of the family. It was really awesome being able to improve my skills as an art director by helping with social media posts and the newsletter. I'm so grateful for the opportunity, and I'm really happy knowing I made a positive impact!"

Lupus Canada is grateful for the Canada Summer Jobs Program for the opportunity to have folks like Emma and Will join us this summer.

To learn more about the Canada Summer Jobs Program please visit <https://www.canada.ca/content/dam/canada/employment-social-development/services/funding/csj2022-applicant-guide.pdf>





What's Happening in Research?

Supporting the wellbeing of Canadians with lupus: evidence-informed advocacy

Project update in the "Non-pharmacological interventions to improve the socioeconomic lives of individuals with SLE"

The COVID-19 pandemic presents a natural experiment for researchers to discern how lupus patients access, use and trust advocacy organizations. A research team from Calgary, Waterloo, and global lupus clinicians and advocacy organizations undertook an (inter)national quantitative survey to investigate where individuals with lupus attain their health information to inform personal decision making in the face of a crisis such as the pandemic, what sources of information they find most useful, and those they trusted. These data indicate that advocacy organizations like Lupus Canada are less likely to be used and trusted than other sources of information. Lupus Canada will lead a team in the interpretation, dissemination, and translation of these quantitative survey results culminating in a deliberative dialogue to inform better/best practices in the context of *evidence-informed advocacy*. The *objectives* are to:

1. In partnership with Lupus Canada, develop lay language documents reporting the results of international surveys related to the sources of and trust in health information conducted by the team, with a particular emphasis on the Canadian data;
2. Engage a pan-Canadian sample of lupus patients through semi-structured qualitative interviews related to their views and interpretations of the lay language reports; and,
3. To undertake a deliberative dialogue with key stakeholders to distill the learnings from the qualitative and quantitative survey data into best practices with and for Lupus Canada in meeting the needs of their constituents.

The economic and social vulnerability of those with lupus was particularly challenged by the COVID-19 pandemic, given concern both about contracting COVID-19 as well as experiencing a lupus flare, often precipitated by stress and anxiety. Infections are a leading cause of mortality in lupus and these individuals may be at higher risk of severe COVID-19. For example, the controversy around repurposing hydroxychloroquine for the treatment and prevention of SARS-CoV-2 infection early in the pandemic led to difficulty accessing these drugs, and adverse physical and mental health outcomes in the SLE population were observed. These levels of uncertainty and anxiety have extended into the vaccination phase of pandemic response.

We intend that the practices and tools developed through this partnership will inform the effective dissemination of public health information for immunocompromised populations and ensure messages are delivered through channels that meet identified needs.

To learn more visit <https://www.lupuscanada.org/research/whats-happening-in-research/>

Now Enrolling People with Lupus Nephritis (LN) or Immunoglobulin A Nephropathy (IgAN) For A Research Study

Study Title: Phase 2 ALXN1210-NEPH-202 Study (clinicaltrials.gov NCT04564339)

Study Sponsor: Alexion, Astra Zeneca Rare Disease

Purpose of Study:

The purpose of this clinical trial is to evaluate the safety and efficacy (effectiveness against disease) of the study medication (ALXN1210 also known as ravulizumab or ULTOMIRIS ®) in participants with lupus nephritis (LN) or immunoglobulin A nephropathy (IgAN), a rare chronic kidney disease.

What Does this Study Involve?

This study will include 120 participants, 60 with LN and 60 with IgAN. The total study duration for each participant will be approximately 2 years.

Learn more by visiting <https://www.lupuscanada.org/research/clinical-trials/clinical-trial-and-studies/>



Self-Compassion, Part II: Recognizing Your Limits

Most people would agree that having a compassionate stance towards oneself is desirable. But how do you cultivate self-compassion?

Let's quickly define the term. In this article, "compassion" means tenderhearted recognition of pain or distress, coupled with a desire to alleviate it. Each component of this definition—recognition, tenderheartedness, and a desire to alleviate distress—offers



opportunities for cultivating compassion. This article will look at how the skill of “recognition” can help you grow self-compassion.

The ability to recognize your pain or distress requires that you embrace your limits. Each of us has inherent human limits, as well as personal limits that are rooted in our personalities, life experiences, knowledge, skill levels, and more.

For example, one obvious human limit is that everyone needs sleep on a regular and consistent basis. A less obvious human limit is that everyone needs some amount of play. Other examples may include the amount of money you need in your savings account in order to feel prepared for a “rainy day,” your tolerance for grumpy individuals, the patience you have for slow drivers, and more.

Some people have a difficult time accepting these human and personal limits. This desire to have no limits stems from a variety of sources. One common reason is that people confuse limits, which are neutral facts, with weaknesses. To put it another way, some people (falsely) believe that if they have limits, they are somehow flawed, weak, insufficient, or not capable of great things—therefore, they deny the reality of their limits. Denying your limits does not enhance your worth or value, but does block you from having genuine self-compassion.

By recognizing that you have limits, you can notice when you have been pushed beyond them, and then deem your ensuing emotions as legitimate. For example, if you know one of your limits is that you need a break every three or four hours of work, and you have to work a full day without breaks, you will know it is legitimate to feel exhausted.

Understanding this emotional distress as legitimate sets you up for the next component of compassion, which is tenderheartedness. In order for you to have compassion towards your distress, you must recognize your distress as legitimate: worth noticing, worth caring about, worth turning towards, and worth alleviating. It is by acknowledging, accepting, and allowing your limits to exist that you bestow legitimacy onto your distress.

Another piece of “recognition” is granting yourself permission to accept your limits as they are in the here and now. Your limits are not what you desire them to be or think they should be. Some limits, such as how much sleep you need, cannot be changed. Other limits, like patience for slow drivers, can be changed—but regardless of the flexibility of the limit in question, if you’ve exceeded your limit, you are beyond it.

While it is entirely appropriate, and a sign of maturity, to work on expanding limits, you can’t do that by denying that you have exceeded a limit. Instead, practice noticing when you have passed a limit and acknowledging it, instead of judging yourself harshly for having it in the first place. Rather than berating yourself for being exhausted at the end of a work day that had no breaks, recognize that you are bone-tired not because you are incompetent, but because you eclipsed your work-break limit.

Self-compassion is grounded in the ability to recognize that you are in pain or distress and that this pain or distress deserves and requires attention. Recognizing your limits as they are in this moment in time, personally and as a human being, allows you to acknowledge the legitimacy of your pain and the ensuing need to attend to your distress. You are entirely capable of growing into a person with more self-compassion, and I encourage you in this

work. If you desire or need the guidance of a trained professional, do not hesitate to reach out.

Source: <https://www.goodtherapy.org/blog/growing-self-compassion-recognizing-limits/>

Living Well With A Chronic Illness

Helpful Hints.

Need ideas for simplifying your life? Consider the following:

Enlisting Help

- Hire a cleaning service
- Order your groceries online and have them delivered
- Outsource yard work
- Accept meals from organizations catering to the sick or homebound
- Mail-order your prescriptions
- Order gifts online and have them shipped to the recipient directly
- Have gifts professionally gift-wrapped – save your swollen fingers the trouble
- Hire a caterer when you host a party
- Bring a side dish from your favorite restaurant to your next potluck dinner, or buy pre-made shes from the grocery store
- Pull into the full-serve gas pump every once in awhile to give yourself a break
- Say “Yes” when the attendant at the grocery store asks, “Need help outside?”
- Ask the store clerk to help you with hard-to-unwrap items (e.g. CD’s and DVD’s, anything with a twist-off cap) immediately after you’ve purchased them, if no one is at home to help you
- Hire someone to walk/groom/care for your pets
- Hire a handy man to help with everything and anything around the house
- Ask your grocery store deli or bakery to slice, cut, or pre-package items so that you don’t have to
- Use a dry cleaning service that picks up and delivers
- Use the skycap service at the airport or a bellman at a hotel to handle your luggage
- Let someone help you when assistance is offered – each and every time



Helping Yourself

- Schedule doctors appointments or errands during your most mobile, agile time of the day or week
- Switch your wardrobe to pullover tops and pull up pants or skirts. Forget the buttons!
- Wear clasp-less jewelry – slide-on bracelets and necklaces can be just as cute
- Invest in soft, wireless bandeau bras if the hard wires of traditional bras are painful to you
and don’t worry that they might not be as flattering. When you have a grimace on

your face because you're in pain, you're probably even less attractive. (You won't have to remove them for X-Rays, either!)

- Use weekly pill organizers to manage your medicines
- Use a health managing app like KnowYourMeds to help ease the burden
- Use lightweight plastic cups instead of heavy glassware. Your joints will thank you
- Alter your hairstyle so that you have an easier 'do with which to work. Don't you remember Julia Roberts in Steel Magnolias?
- Buy a wig if you're losing your hair or invest in a couple of cute hats. You'll save yourself the aggravation of trying to make those thin little wisps of yours behave
- Utilize a cane, walker, or wheelchair when necessary. Don't be embarrassed – hobbling around as if you're about to collapse is what calls attention to yourself. Breezing along with the help of a walking device does the opposite!
- Buy easy-open toiletries, groceries, etc.
- Invest in a letter opener for mail, etc.
- Replace your kitchen utensils with the easy-grip brands – they really make a difference
- Make life with pets as easy as you can – if picking them up is too strenuous, purchase an ottoman so they can hop up and down on your lap without your help
- Wear silky pajamas to bed, making it easier to turn over without disturbing your joints
- Swap out hard-to-turn faucets or door handles for easier turning levers
- Buy or request large print books from the store or library, if your vision is failing you
- Buy single-use packets of dishwashing soap and laundry detergent so that you don't have to measure out or pour anything
- Carry non-zip bags and purses, and empty them of all of the heavy items you shouldn't be lugging around
- Ditch the over the shoulder duffle bags and always opt for wheeled luggage
- Pay your bills online

Chronic Control Chart

Need an organized way to keep track of your myriad symptoms, prescriptions, and more? Try creating your own version of my Chronic Control Chart (C3). For more information about my chart, [click here](#).

Suggested Categories / Line Items For Your Own C3

Symptoms- Joint Pain, Joint Swelling, Sore Throat, Swollen Glands, Neck Pain, Heartburn, Chest Pain, Fever, Hives, Stomach Cramps, Digestive Problems, Chills, Fatigue, Muscle Soreness, Hair Loss, Vomiting, Headache, Tooth Sensitivity, Ear Ache, Numbness, Skin Discoloration, Blurry Eyesight, Lightheadedness, Hot Spots, Mobility, Angioedema, Skin Breakout.

Lifestyles – Travel, Hours Worked, Hours Slept, Nap Length/Time of Day, Exercise, Overall Morning/Day/Night, Food, Alcohol.

Medications - List all prescriptions you currently or intermittently take; also list OTC cold medications, pain relievers and vitamins that you take in addition to your prescriptions.

Test Results - CT Scan, X-Rays, Blood Work, Urinalysis, Bone Density Test, Pulmonary Function Test, Blood Pressure, Platelet Count, Ultrasound, Weight.

Doctors – List all doctors you regularly visit. I found that although my eye doctors, dentists, gynecologists, and podiatrists weren't originally treating me for lupus, they eventually contributed to my treatment. Therefore, I included them on my chart.

Source: <http://despitelupus.blogspot.com/p/helpful-hints.html>

Did You Know?

*More than 1 in every
1000 Canadians are
affected by lupus.*

MY LUPUS JOURNEY WITH KIM E.



Hi, my name is Kim and I am a lupus warrior.

Growing up, I was an active individual. From playing with friends until it was too dark to see, to participating in organized sports, to going out and seeking adventures - I was always on the move. I was also highly competitive and ambitious, so when I was diagnosed with lupus in the year 2000, it felt like a major setback. I really had to change how I lived my life, along with my expectations of life. At the time, it seemed like the worst thing in the world, but little did I know that something so negative would be turned into something so positive.

My lupus journey began in August right before I started my last year of high school. I was in the food court of our local shopping mall during my lunch break, when I had the urge to vomit and stood up only to faint and black out for about a minute. Thankfully, I was eating with my friend, David and he helped me back to work to tell my manager, and waited with me until my mom came to get me. We had no idea what the cause was, and to make matters worse, I would go on to experience more random symptoms, like muscle spasms, bleeding gums, and fatigue. Once school started, the symptoms worsened and I had days where I could barely stay awake during class. It wasn't until I had pneumonia-like symptoms that we started doing further testing to see what was wrong. We found out that I had an enlarged

heart, which was caused by a hole in my heart known as an Atrial Septal Defect (ASD). I was told there was a possibility that it would close by the time I turned 21, but sadly it didn't. So, I had an ASD closure where they go through a vein in the groin to access the heart. I remember the day vividly and even the surgery itself, because I couldn't believe that they were able to fix the hole without performing open heart surgery. It's really amazing to see how medical technology has evolved. Now, let's get back to my lupus diagnosis. My symptoms weren't getting any better and by this time, it was almost October, so I was referred to several different doctors. The one who stood out most was a doctor who took one look at me, and my rosy cheeks, and said I had lupus. We had never heard of lupus and didn't know about the famous butterfly rash, so we kind of laughed since my cheeks often turned red, but sure enough, he was correct.

I wasn't actually diagnosed until I had to be admitted to the hospital for having fevers. The doctors went on to test for lupus markers and established that I had Systemic Lupus Erythematosus, which had also caused me to have Lupus Nephritis. It really felt like my world was crashing down on me, especially because I was in and out of the hospital over the next few months receiving various kinds of treatment. Thankfully, I had a supportive family and age on my side, so we were hopeful that things would be okay. I was also a tenacious 18 year-old who missed out on graduating with her high school friends, so I was determined to fight and live a normal life as much as possible.

Fast forward to the latter years of my University studies, my lupus starting acting up again and my kidney disease was progressing. I was stressed out from school, I wasn't eating the healthiest, and I had also lost my grandmother and father within years of each other. It was a huge struggle and my health was suffering as a result. Fortunately, I was able to finish school in 2009 and complete my degree. I was even set to head to Queen's University for Teacher's College in 2010, but my kidneys took a turn for the worst before I could even start the year.

I don't quite remember why I stopped seeing a nephrologist over the years, but looking back now, I probably should have. As much as my rheumatologist was taking care of me, I think I would have benefitted from a kidney specialist, because my kidneys weren't in the best condition. Upon returning from a vacation in Hawaii, I had to be hospitalized because I was swelling, vomiting, and having severe headaches. My lupus seemed to have been aggravated and attacked my kidneys, which caused kidney failure. While at the hospital, other issues occurred that caused me to be hospitalized for months. I had to go on dialysis, have chemotherapy, be bed-ridden and I even had to go to rehab to learn how to walk again. As a result of this, I was required to make even bigger changes to my life, like increasing my list of medications, going on a renal diet, losing so much of my hair, cutting back on school, and not working for a while. It took me some time to adjust, but since I'm stubborn and have a great support system, I was able to fight through. I also have to say that my faith in God played an enormous role during this time. I'm sure you can imagine that being hospitalized for such an extended period, there were many times I was alone and only had God to turn to. There's no doubt that it was through His loving Grace and strength that I was able to get through such a challenging period in my life. I eventually started working again and got married to my incredibly patient husband in 2013. Life was slowly getting back on track.

Two years later in 2015 I was blessed with a kidney transplant, and I have my selfless and generous cousin, Sean to thank for that. Having the kidney transplant gave me a second chance at living a more normal life. I felt stronger than ever and was back to doing many of the things I love such as travelling and working with children. It also gave me the

opportunity to go back to school. I'm currently studying to become a holistic nutritionist and health coach. Going through what I went through really made me realize the importance of our health and the impact that food has on our lives. Being on a renal diet and seeing how much it affected my body opened my eyes. I've seen how too much of certain foods can harm and how more of other foods can heal. As I'm writing this, I can't believe that I'm able to tell you that I'm finally in remission and on the road to more healing. I'm truly grateful to God, my family, and especially Sean, because I know that without them, this would not be possible. I also know that my lifestyle change has made tremendous influence on my health. It's one of the reasons why I've become so passionate about sharing the importance of living a healthy, balanced lifestyle. From eating healthy foods, to moving your body and getting enough sleep, to self-care and mental wellness, making sure that you're living a life that works best for you and keeps you healthy and strong is essential. My hope is that my story can encourage people not to take their health for granted - we really need to cherish it and take care of it. I believe this even more now with the world we live in, because we're truly living in such a difficult time. I'm a firm believer in the phrase, "health is wealth" because our health affects not only our bodies, but also our minds, hearts and souls.

Having lupus has definitely set me on a different path than I had imagined growing up, but I'm happy to say that I haven't let it destroy my life. I've learned how to navigate around the struggles and how to make the best out of any situation. It's taught me grit and perseverance, along with kindness and compassion. There are still times that the affects of lupus still impact my life, but I no longer let it completely dictate how I live my life. I hope that if you suffer from lupus like me, you're able to find a way to flourish and thrive despite all your trials and tribulations. Please know that there are others who share in your pain and know that you are still so strong, brave, and beautiful despite this disease. Together, we can get through this!

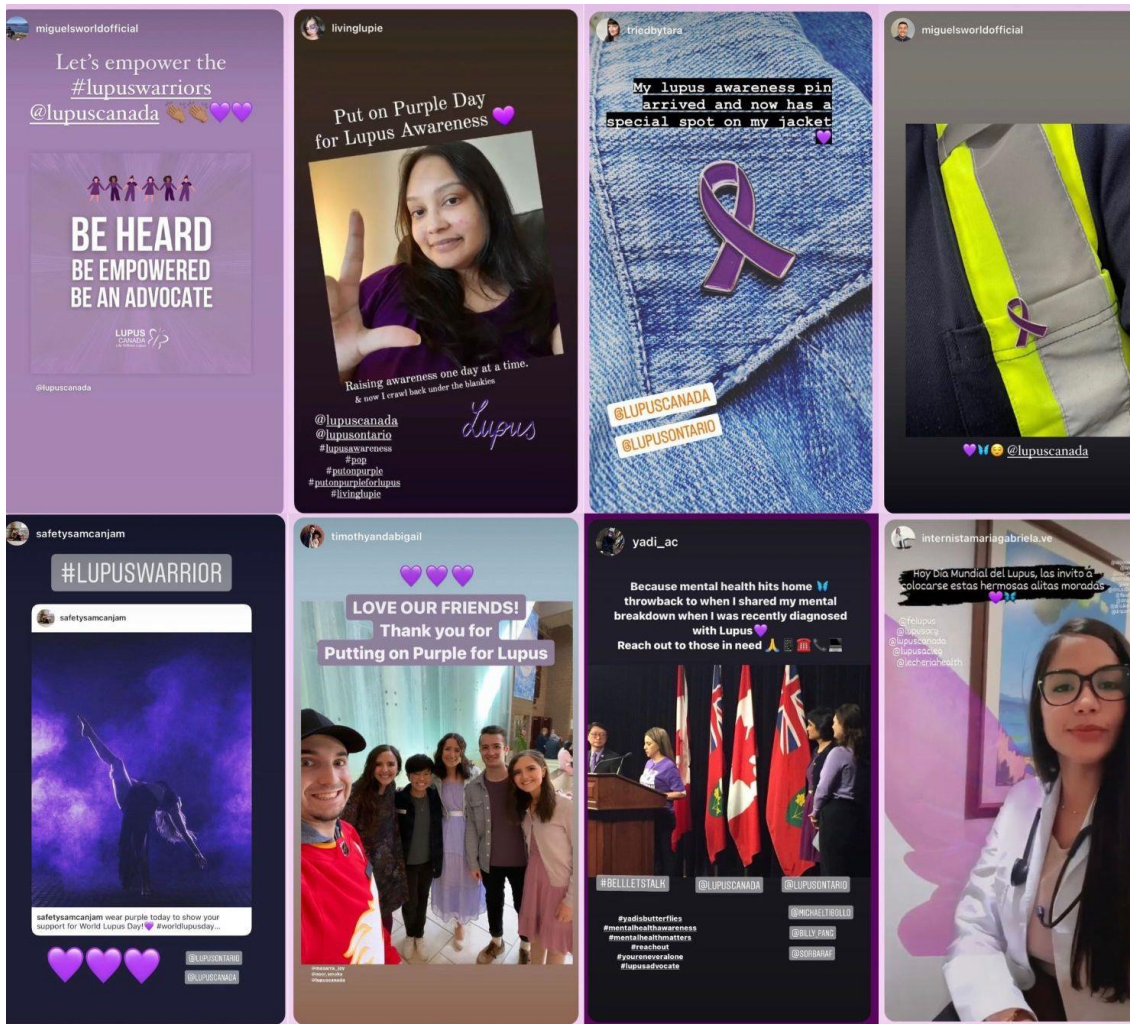
I want to finish off by expressing my heartfelt gratitude to Lupus Canada for continuing to give lupus warriors like me a voice. With all the various chronic illnesses, I find it's easy for us to be overlooked, so I am very grateful to Lupus Canada for all they've done and continue to do for our community! Thank you so much! You are truly appreciated.

COMMUNITY ENGAGEMENT

Social Media Highlights

Lupus Canada is thankful to our social media followers who engage with us online and who have helped us foster a community for those impacted by lupus across Canada.

Here are a few of Lupus Canada's favourite community posts. Be sure to tag us in your posts for a chance to be featured in our Community Engagement Section within each monthly newsletter.



Accounts Of Interest

Dealing with chronic illnesses may be challenging, so it's important to stay connected with pages that can keep a positive mindset and share resourceful information. Here are a few social media pages that you be interested in connecting with.



@lupusdiariess

Lupus Diaries was a page I wanted to create when I felt more equipped to talk about what it feels like to live with lupus from the inside out. About three years after my diagnosis, I have finally started up this community to share my first-hand experiences of navigating lupus as a young person, connecting with other lupus patients, and even reaching friends and family on how they can support lupus patients better.



@the.happy.pelvis

The Happy Pelvis is committed to advocating for chronic illness and pelvic health conditions through a variety of initiatives and projects that work to bridge the gaps in pelvic healthcare accessibility and to bring awareness to the hurdles individuals face as a result of living with chronic pelvic pain and chronic illness.



@miguelworldofficial

Miguel Jones is a Vietnamese -Canadian transracial adoptee from Newfoundland & Labrador. In his personal blog 'Miguel's World', he shares his own experiences to ultimately advocate for adoptees, antiracism, and lupus awareness.



RECIPES

A Delicious And Healthy Meal

On The Menu:

Sweet Potato, Black Bean & Avocado
Breakfast Burritos

Ingredients

- 6 (8-inch) whole wheat tortillas (you can also use low carb)
- 3 medium sweet potatoes
- 1- 15 oz can black beans, rinsed and drained
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- few dashes of red pepper flakes, if desired
- 8 large egg whites (or 6 large eggs)
- 1 avocado, diced
- 1/2 cup shredded mexican or colby jack cheese
- 1/3 cup red enchilada sauce



Instructions

- 1** Cook sweet potatoes: Pierce sweet potatoes with fork a few times. Place in microwave and microwave on high for 4-6 minutes or until cooked though. This may take up to 10 minutes depending on how thick your sweet potatoes are. Alternatively you can roast them in the oven at 400 degrees for 45 minutes. Once sweet potatoes are cooked, remove the skins and place potatoes in a medium bowl. Mash with a fork; set aside.
- 2** In a separate large bowl, add black beans, cumin, chili powder and red pepper flakes if desired. Stir to combine then set aside.
- 3** In a separate medium bowl, beat egg whites (or eggs) together. Spray a skillet with nonstick cooking spray and place over medium-low heat. Add in eggs and cook. Fold every few minutes to get fluffy eggs. Once cooked, remove from heat.
- 4** To assemble burritos, make sure you have warm tortillas; it makes them easier to roll. You can warm them up for 10-20 seconds in the microwave before assembling. Lay out warm tortillas and evenly distribute and spread mashed sweet potato on each. Evenly distribute scrambled eggs, diced avocado, black beans, and shredded cheese on each tortilla. Next drizzle about tablespoon of enchilada sauce in each. Season with salt and pepper, if desired. Tuck ends in, then roll up burritos. To warm up: Place on baking sheet in oven at 300 degrees for 5-10 minutes or simply microwave them for a minute or two. Serve with sour cream, greek yogurt, salsa, or hot sauce. Makes 6 burritos.

Source: <http://lupusjourneys.com/healthy-sweet-potato-black-bean-avocado-breakfast-burritos/>

QUICK LINKS



Lupus Q&A

Ask the experts frequently asked [lupus questions](#)



Merchandise

Help support Lupus Canada and create awareness for lupus by visiting our [merchandise catalogue](#)

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