

# Let's Talk Lupus

June Monthly E-Newsletter

LUPUS  
CANADA  
Life Without Lupus

After a very successful Lupus Awareness Month, we would like to extend a huge thank you to all of our supporters. Together, we are making a difference in the lives of so many Canadians and working towards Life Without Lupus.

In May not only did we recognize Lupus Awareness Month but we also celebrated Mother's Day. We hope everyone had a wonderful Mother's Day! This month we shift our focus to the men in our lives. Being a father with lupus can be immensely challenging. Feeling as though you may not be able to properly care for and play outside with your children can take its toll. On Sunday June 21st we celebrate fathers who unconditionally give their time, love and support to their families. Thank you for everything you do! Happy Father's Day from Lupus Canada!

As we celebrate the first day of summer on June 20 this can cause trepidation for those living with lupus. Summertime fun is usually outdoor fun which feels like a harsh reality for those who need to avoid the sun due to health conditions. Don't lose hope as there are plenty of fun activities you can still do. Go for an evening stroll once the sun has gone down or take a scenic drive and enjoy your favourite music while you take in the scenery to name a few.

In this month's e-newsletter the focus is on 'adventure' and learning how to try new things that allow you to live a dynamic yet safe and healthy lifestyle.

**DONATE NOW**

your gift makes a difference



## ***Special Note of Thanks***

Lupus Canada would like to thank the provinces of British Columbia, Saskatchewan, Manitoba and Nova Scotia for being champions for Lupus and recognizing May 10, 2020 as World Lupus Day! We would also like to thank the Guthro family, Honourable Peter MacKay and Tim Houston for helping us create awareness for this debilitating disease as we recognized World Lupus Day.

## ***Put on Purple (POP)***

Thank you to everyone that participated in Put on Purple (POP)!

By wearing purple on May 15th you not only showed your support for those living with lupus but also helped to create awareness for this under-recognized and under-funded disease.

Together we are always stronger!



**Great Canadian  
GIVING CHALLENGE**

**JUNE 1 - 30**

**HELP US WIN \$20,000! EVERY DOLLAR YOU DONATE IS A CHANCE FOR US TO WIN.**

**DONATE TODAY**  
GivingChallenge.ca

The banner features a dark red background with white text and a white maple leaf icon. The text is centered and uses a mix of bold and regular fonts. There are decorative starburst patterns in the corners.

## ***What is The Great Canadian Giving Challenge?***

The Great Canadian Giving Challenge is a National public contest to benefit any registered Canadian charity. Every \$1 donated to a registered charity in June via [CanadaHelps.org](http://CanadaHelps.org), automatically enters the charity to win an additional \$20,000 donation. The grand prize draw will take place on July 1<sup>st</sup>, Canada Day, and one lucky charity will receive this new grand prize of \$20,000. CanadaHelps knows that the charitable sector has been hit hard by COVID-19, and has doubled the prize this year!

**Help Us Win \$20,000!**

**Join the Great Canadian Giving Challenge: [www.givingchallenge.ca](http://www.givingchallenge.ca)  
#GivingChallengeCA**

**Visit [www.givingchallenge.ca](http://www.givingchallenge.ca) #GivingChallengeCA**

**Get charitable this June!**

## EVERYDAY ADVENTURES MAKE LIFE BETTER:

Source: <https://navigatingeverydayadventures.com/everyday-adventures-make-life-better/>

People are often amazed at what some others accomplish, so many people believe that adventure is only for the exceedingly brave. Definitions of adventure tell us that adventure entails exciting or daring experiences with unknown territories or outcomes, that involve risk and are potentially dangerous. This is life, regular everyday life. The concept of danger is subjective- what one person considers a perfectly normal activity could terrify another.

Regardless of our individual concepts of danger, we all embark upon potentially dangerous activities every day. We each accept certain risks as a condition of living our lives, acting upon our choices, pursuing our goals. Our daily lives just don't scream excitement, and although it is comforting, sameness is the antithesis of adventure. So, we need to find excitement and to do this we need to break from sameness, challenge out comfort zones and be willing to try new things. Below are the benefits of living an adventurous life:

### *Everyday Adventures Give Us Fresh Perspective:*

- We get a renewed outlook on life when we partake in everyday adventures. By experiencing new things, looking at things in different ways and staying open to possibilities, our awareness is heightened. We notice and appreciate more. When we develop an adventurous spirit, we can incorporate an open, curious, fun-seeking attitude into our daily lives.

### *Everyday Adventures Lead to Personal Growth:*

- We develop new skills and strengths. As we try new things and explore possibilities and work out solutions to challenges along the way, we find out what we can achieve. We become more self aware.

### *Everyday Adventures Help Us Understand Our World:*

- Adventures open our minds to new experiences and new ideas. As we develop an adventurous spirit, curiosity leads us to look at things differently, to consider ways of thinking that may be very different from our own. Although we may not always agree with the new ideas we learn about, our new insight helps us to understand and appreciate where others are coming from.

### *Everyday Adventures Keep Us Smart:*

- Adventures can boost our problem-solving skills. Our creative and ingenuity develop when we work out solutions to challenges, adapt to new situations and explore new ideas.

### *Everyday Adventures Slow Time:*

- Our brain reacts to adventures and new experiences by creating an effect of slowing time. Any time you have richer memories, things seem to have lasted longer.

### *Everyday Adventures Make Us Stronger:*

- Adventures teach us resilience and help us cope with adversity. Adventures teach us to manage those bumps in the road of life more positively and productively because by expanding our boundaries with everyday adventures we learn to manage obstacles.

### *Adventure on Your Own Terms:*

- If we accept and welcome change and unexpected events for what they are- a detour from sameness- we are better able to recognize and get excited about the opportunities, they provide. Everyone has their own idea of what adventure is, it is defined by our individual ideas and comfort zones.

## WHY SUMMER CAN BE CHALLENGING FOR LUPUS PATIENTS:

Source: <https://lupus.newlifeoutlook.com/summer-activities-for-lupus/>

Summertime is difficult for people with lupus because most are photosensitive, meaning they experience negative reactions from being out in sunlight. Up to 83 percent of people with lupus are ultraviolet (UV) sensitive to either sunlight or fluorescent lights or both according to one report published in the *British Journal of Dermatology*.

You may experience a lupus flare after being exposed to UV rays. It is also possible you may develop a butterfly rash over your nose and cheeks after UV light exposure. You may develop other rashes resembling hives or other symptoms of a lupus flare including joint pain, fatigue, fever, or inflammation of an organ.

Many lupus patients also have secondary Sjogren's syndrome which may cause dryness of eyes, mouth, and skin. It can be harder to manage Sjogren's in the summer months so it's important to stay hydrated and use eye drops frequently.

Lastly, be aware that some of the medications you take to treat lupus can increase your susceptibility to the sun's effects. Ask your doctor if any of your medications will affect you during the summer months and what precautions you should take.

### ***Taking Precautions in Summer Days***

If you need to be outdoors during the summer months, make sure you take special precautions.

**Avoid midday sun from around 10 am to about 4 pm.** Even if it is cloudy outside, don't be fooled into thinking you will not be exposed to UV rays.

**Wear sunscreen** with a sun protection factor (SPF) of at least 30 that blocks UVB and UVA rays. Make sure you put on at least one ounce of sunscreen all over your body, including on the back of your neck and ears. **Keep reapplying** because sweating, swimming, and your clothing all remove sunscreen.

You should **wear light clothing** to cover your skin and keep you cooler. **Get yourself a wide-brimmed hat** to help protect your head, face, and neck.

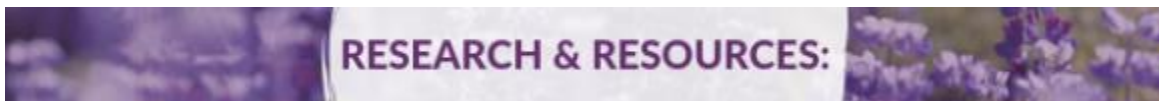
**Hydrate.** Since you are more vulnerable to dehydration and heat stroke, it is essential to stay hydrated. Make sure you are drinking 8 to 10 glasses of water daily and avoid sodas and caffeine especially when you are going out.

**Buy a cooling blanket.** If you find need to attend an important outdoor event, a cooling blanket can help cool your skin and minimize the sun's effect.



Source: <https://www.webmd.com/lupus/lupus-photosensitivity-uv#2>

"Did you know that many medications, including some used to treat lupus, can magnify the effects that sun has on a person's body, making them even more susceptible to the hazards of UV rays?"



Source: <https://www.lupusresearch.org/bacteria-gut-may-cause-lupus-shows-study-supported-lupus-research-alliance/>

*Bacteria in the Gut Maybe a Cause of Lupus and Flares: Shows Study Supported by Lupus Research Alliance*

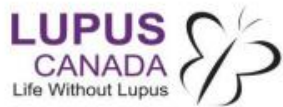
"To find out, Gregg Silverman, MD, of the NYU School of Medicine in New York, NY, and colleagues studied the bacteria in stool samples from 61 women with lupus and 17 women who didn't have the disease. They discovered that the patients with lupus harbored fewer bacterial species overall. But one species, known as *Ruminococcus gnavus*, was five times more plentiful in patients with lupus. And the bacterium was particularly numerous in patients who were undergoing flares or who had kidney disease."

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Lupus Canada is seeking to hire a part-time bookkeeper to work between 4-6 hours bi-weekly with experience with Not For Profit Organizations. This position requires the bookkeeper to have had formal training in accounting and bookkeeping, up to and including financial statements and audit preparation.

For more information please visit our website [www.lupuscanada.org](http://www.lupuscanada.org)

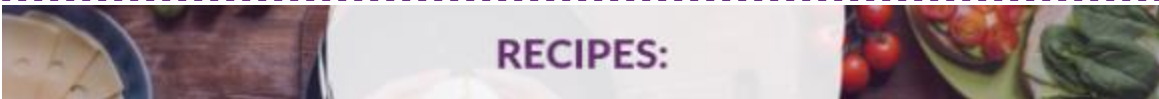


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## **COVID-19 and Lupus**

Please visit our website [www.lupuscanada.org/COVID19](http://www.lupuscanada.org/COVID19) for up to date COVID-19 information as it pertains to lupus.

A purple rectangular graphic with the text "LUPUS &amp; COVID-19" in white, bold, uppercase letters.



## **Grilled Lemon Chicken**

This tangy recipe is great for spring, summer, or fall grilling! The almonds and cilantro topping add a nice crunch for every bite of your chicken. The best thing about this recipe is the easy cleanup, which is always a great bonus. Just clean your grill grate and your cutting board, and you are ready to go!

### **Ingredients:**

- 2 ½ tbsp extra-virgin olive oil plus additional for drizzling
- 2 tbsp fresh lemon juice
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 6 large skinless boneless chicken breast halves,



- pounded to 1/3-inch thickness
- 3/4 cup plus 1/3 cup (loosely packed) chopped fresh cilantro
- 1/2 cup chopped toasted almonds (optional)
- 1 lemon, cut into 6 wedges

### How to Make It:

*Step 1:* Place 2 1/2 tablespoons oil, lemon juice, salt, and pepper in large resealable plastic bag. Add chicken and seal bag, releasing any excess air; turn several times to coat. Let stand at room temperature 30 minutes.

*Step 2:* Prepare barbecue (high heat). Brush grill rack with oil. Transfer chicken from bag to barbecue with some marinade still clinging and grill until slightly charred and just cooked through, about 4 minutes per side.

*Step 3:* Transfer chicken to platter and let rest 10 minutes. Stir 3/4 cup chopped cilantro into couscous. Sprinkle almonds over, if desired.

*Step 4:* Drizzle chicken with oil, sprinkle remaining 1/3 cup chopped cilantro over, and garnish with lemon wedges.

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

Source: <https://lupusrebel.com/grilled-lemon-chicken/>

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