

# January E-Newsletter

## Welcome to 2017

### WELCOME TO THE NEW YEAR OF 2017!

The staff and Board at Lupus Canada are excited for what 2017 will bring and we want to wish everyone a very Happy New Year!

It is time to start the year off right by thinking about your health and time to start fresh with a new mind set, attitude, and outlook on life. Keep positive and keep working towards new goals. Don't forget the benefits of laughter, as it is also great medicine for both mind and body.

**LUPUS**  
**CANADA**  
Life Without Lupus



### LAUGHTER IS THE BEST MEDICINE – *The Health Benefits of Humor and Laughter*

More than just brightening up your day, sharing a good laugh can actually improve your health. The sound of laughter draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter can reduce stress, anxiety, and depression, strengthen your immune system, and diminish pain. As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

#### WHAT YOU CAN DO

- Share funny moments—even if they are embarrassing—with friends
- Host a game night for friends
- When you hear laughter, move towards it
- Seek out playful people who laugh easily
- Learn to laugh at yourself

Nothing balances your nervous system faster than communicating face-to-face with another person. Add laughter to that communication and you have a powerful antidote to stress, anxiety, pain, and conflict. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. It also helps you to release anger and be more forgiving. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

## LUPUS CANADA ADVOCACY NEWS

### **Laughter relaxes the whole body.**

A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

### **Laughter boosts the immune system.**

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

### **Laughter triggers the release of endorphins,**

the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

### **Laughter protects the heart.**

Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

### **Laughter burns calories.**

OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

### **Laughter lightens anger's heavy load.**

Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

### **Laughter may even help you to live longer.**

A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Source:

<http://www.helpguide.org/articles/emotional-health/laughter-is-the-best-medicine.htm>

Lupus Canada's mission is to help improve the lives of people living with lupus, and the Advocacy team wants to hear from individuals across Canada. In an effort to identify areas of interest to inform future advocacy initiatives, a survey was created. The information gathered through the survey will also help the Advocacy team understand where we can make the biggest impact in helping to improve the lives of people living with lupus.

Thank you to those who completed the survey. If you didn't have the opportunity to complete the survey please consider sharing your thoughts by email to [info@lupuscanada.org](mailto:info@lupuscanada.org). Please include 'Advocacy Committee' in the subject line.

## LUPUS RESEARCH NEWS

New Canadian Research Study Asks Patients for Insights on MyLupusGuide A new lupus study will be taking place in 2017: Measuring the impact of MyLupusGuide in Canada. The purpose of this study is to test how the needs of people living with lupus are being met by the newly developed lupus website, MyLupusGuide, and to identify areas for further development of this website. This study will be conducted in many CaNIOScentres across Canada including, Vancouver, Edmonton, Calgary, Winnipeg, London, Hamilton, Ottawa, Quebec City, and Montreal. Approximately 2,000 persons with lupus will be asked to participate. Lupus Canada is pleased to partner on this study by taking a lead role on the Patient Advisory Committee for the project.



## My Lupus Story by Karine

My name is Karine and I'm from the French Caribbean island of Guadeloupe.

I have been diagnosed with lupus 10 years ago now I am 24. At that time I was in London for the year. How it started? I started to have temperature, and a lot of pain in my joints. I would take paracetamol and it would ease the pain for an hour and then the same temperature and pain. I had no appetite. Fortunately I started to get sick about a week before my departure home. So I changed the date and departed 2 days before. I arrived in Paris, where I was supposed to spend some time at my cousin's before going back to Guadeloupe. He came to gare du nord to pick me up and I was so sick I couldn't even carry my luggage. When my cousin and his girlfriend arrived I just collapsed. Then I woke up in the hospital. I was really blessed to be taken in very efficiently. They transferred me after a night or two in another hospital in Paris and it was there that they told me I had lupus. Don't need to tell you the way I felt especially when the doctor told me that if I had arrived some hours later I would be..... because it has started to touch my vital organs. I tell you, I am blessed. Today I am a teacher for 8 years, live my life, take my medication: prednisone and plaquenil and I am thankful. So much to say but I will stop here. I am the living proof that you can live a normal life despite the disease.  
Karine

## Recipe: Honey Chicken Kabobs



### INGREDIENTS

1/4 cup olive oil  
1/3 cup honey  
1/3 cup low sodium soy sauce  
1/4 teaspoon ground black pepper  
8 skinless, boneless chicken breast halves – cut into 1 inch cubes  
2 garlic cloves  
5 small onion, cut into 2 inch pieces  
2 red bell peppers, cut into 2 inch pieces  
Skewers

### DIRECTIONS

Prep 15 minutes  
Cook 15 minutes  
Ready in 2 hour 30 minutes

- In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).
- Preheat the grill for high heat.
- Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.
- Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently

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

Source:<http://allrecipes.com/recipe/8626/yummy-honey-chicken-kabobs/?internalSource=search%20result&referringContentType=search%20results&clickId=cardslot%2021>