

Let's Talk Lupus

Monthly E-Newsletter

Happy **Lupus Awareness Month!** May is such an important time for so many Canadians as it places a much-needed spotlight on an under-funded and under-recognized disease. Lupus advocacy is not only important for lupus patients, but for supporters and organizations alike. Everyone can play a part in working towards Life Without Lupus. A more aware society is one that is more empathetic towards those living with lupus and the daily challenges that come along with this. Despite the fact that over 1 in 1000 Canadians are living with lupus today, there is still much to be done in regards to research and recognition.

Whether or not you are currently living with lupus, know someone with lupus, or have just recently learned about the disease, Lupus Canada challenges you to advocate in your own way. This can look like sharing a post on Facebook, volunteering at a local lupus event or even spreading the word about the signs and symptoms of lupus.

DONATE NOW

your gift makes a difference

Get Ready to Celebrate!

On May 9th, join us and our Celebrity Ambassadors, Colin Mochrie and Debra McGrath along with some of the top Canadian lupus researchers as we celebrate those living with lupus at our inaugural fundraising and awareness event ***Laughs for Lupus!***

LAUGHS FOR LUPUS MAY 9 • 2019
SECOND CITY TORONTO

GUESTS OF HONOUR
COLIN MOCHRIE
DEBRA MCGRATH
PATRICK MCKENNA

LUPUS CANADA
Life Without Lupus

TICKETS \$150.00 DOORS OPEN AT 7PM
SHOWTIME AT 9PM

FOR TICKETS 1.800.661.1468 LUPUSCANADA.ORG INFO@LUPUSCANADA.ORG

IN SUPPORT OF THE THOUSANDS OF CANADIANS LIVING WITH LUPUS

CHARITABLE REG. # 13862 5323 8980

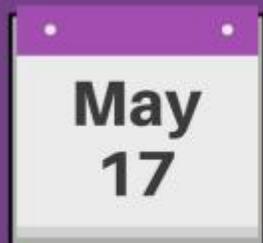
On May 10th, Lupus Canada, along with many more organizations around the world will celebrate the 16th annual ***World Lupus Day!*** There is no boundary to the impact of lupus. Lupus is a global health problem that affects people of all nationalities, races, ethnicities, genders and ages. Lupus can affect any part of the body in any way at any time, often with unpredictable and life-changing results. This day will help us in recognizing this and move towards Life Without Lupus.

World Lupus Day

All over the world, lupus patients and supporters will be celebrating World Lupus Day. Get in touch with your local lupus organization to learn how you can advocate for greater recognition of lupus!



On May 17th, we will also join in celebrating **Put on Purple!** On this day, we encourage you in joining us to wear purple and show your support for lupus awareness and lupus patients all over the world! Help raise awareness and rally public support for this under-funded and under-recognized disease. Mobilize individuals, corporations, physician offices, hospitals, people with a connection to lupus and the general community to get the word out about Put On Purple day and build excitement and interest.



Put on Purple

Celebrate Put on Purple on May 17 by wearing purple and helping raise awareness for lupus. Don't have anything to wear? No problem! Go to our website or call us at 1-800-661-1468 to order a POP t-shirt.



My Lupus Guide - Available May 10th

In need of a companion in your lupus journey? MyLupusGuide is a virtual assistant that has been developed in Canada to answer your most pressing questions about your lupus. Since it is available on a web or smartphone platform, you can access your guide at anytime. Lupus is a chronic disease and your information needs will change over time. MyLupusGuide has been developed to address the most relevant questions you may have throughout your journey living with lupus. MyLupusGuide will be available on **May 10th on the Lupus Canada website** (www.lupuscanada.org).



Catch up on the latest Lupus Research - International Congress Abstracts Available

The 13th International Congress on Systemic Lupus Erythematosus (LUPUS 2019) was held last month in San

Francisco, California USA. With the theme of, "[LUPUS: Gateway to the Future](#)" experts from across the globe highlighted advances and insights from recent SLE research. The Congress content spanned across many disciplines dedicated to improving outcomes in SLE, from basic and translational science through epidemiology and outcomes research. The conference also had a clear focus on

patient engagement, with a stream dedicated specifically to patients. We encourage you to browse the free online abstracts, available here:

https://lupus.bmj.com/content/6/Suppl_1

Free Webinars on the Economic Costs of SLE in Canada

New Canadian research on the economic impact of Systemic Lupus Erythematosus (SLE) will be featured in a series of free webinars this spring. On May 7 Dr. Francesca Cardwell will present results from interviews on the economic challenges of SLE, conducted with patients, physicians and lupus key informants in Canada. On May 14 Dr. Susan Elliott will present results of a review of existing policy documents related to SLE in Canada.

For more information on these webinars please follow Lupus Canada on Twitter, Facebook and Instagram.

Welcome Kate Tansley

Lupus Canada is excited to welcome Kate Tansley to our team. Kate joins us in the role of National Fundraising Manager. Kate brings several years of non-profit experience along with passion for the health and well-being of others. We are excited to have Kate join our National team.



Recipe: Cashew Chicken with Cauliflower Rice

Ingredients:

- 1 head cauliflower, cut into florets
- 1 tbsp. extra-virgin olive oil
- kosher salt
- 1/4 c. sweet chili sauce
- 3 tbsp. low-sodium soy sauce
- 1 tbsp. sriracha
- 1 clove garlic, minced
- Juice of 1 lime
- 1 tbsp. sesame oil
- 2 red bell peppers, sliced
- 1 large zucchini, sliced into half moons
- 1 lb. boneless skinless chicken breasts, cut into cubes
- 1/2 c. raw cashews
- Scallions, for garnish



Directions:

In a food processor fitted with the blade attachment, add cauliflower. Pulse several times until florets resemble rice.

In a large skillet over medium heat, heat olive oil. Add cauliflower rice and season with salt. Cook until soft, 5 minutes. Transfer to a large bowl and return skillet to stove.

Meanwhile, make sauce: In a medium bowl, combine sweet chili sauce, soy sauce, Sriracha, garlic, and lime juice.

Add sesame oil to skillet and heat over medium-high heat. Add peppers and zucchini and cook 3 minutes, then add chicken and sauce and cook until golden and no longer pink, 10 minutes more. Stir in cashews until coated in sauce.

Garnish with scallions and serve over cauliflower rice.

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

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a46833/skinny-cashew-chicken-with-cauliflower-rice-recipe/>

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