

LUPUS
CANADA
Life Without Lupus



What's your lupus story? We'd love to hear it. *Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to leanne.mielczarek@lupuscanada.org*

Fall Back with Daylight Savings

NOVEMBER E-NEWSLETTER

As the cold weather approaches and the days start to get shorter, many people are preparing for the last couple months of the year - this can be a moment of reflection before the holiday craze sets in next month. On November 5th, Daylight Savings Time ends, meaning clocks must be turned back one hour. Even though we lose an hour of sleep, the extra hour of daylight that we gain may be helpful for our internal clocks to stay in tune. On November 21st, Canada and the rest of the world will celebrate "World Hello Day" where you can set out to say 'hello' to 10 people; this holiday highlights the importance of communication and positivity as opposed to the opposite!

One thing that Lupus Canada wants you to keep in mind this month if you are living with lupus is the change in weather; make sure to note the steps you can take to cope with possible flares or even prevent them entirely. This newsletter will help you develop these strategies and explain some common issues that lupus patients may experience.

GivingTuesday



November 28, 2017

Most people know about Black Friday and Cyber Monday ...**now GivingTuesday is coming to Canada on November 28, 2017.**

It is a new Canadian movement for giving and volunteering, taking place each year after Cyber Monday. The "Opening day of the giving season," it is a day where charities, companies and individuals join together to share commitments, rally for favourite causes and think about others.

Lupus Canada is proud to participate in GivingTuesday for the second year. We hope to build on our successes from last year. It's easy to give, just visit www.lupuscanada.org or go to <https://www.canadahelps.org/giv3/2306>

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#UNselfie - Join the Movement

As we anticipate GivingTuesday show your support for those living with lupus. Take a picture and tag it with #unselfie, #GivingTuesdayCA, #LupusCanada and upload it to your Instagram, Facebook and Twitter accounts until November 28th!

GIVINGTUESDAY™

#un.sel.fie

Noun (uhn-sell-fee)

1. A show of support for GivingTuesday. Take a pic, tag it #unselfie & #GivingTuesdayCa and upload to your Instagram, Twitter, or Facebook from now until November 28.

JOIN THE GLOBAL MOVEMENT

LUPUS CANADA INAUGURAL GALA & EXCLUSIVE AFTERPARTY

Lupus Canada is excited to announce our inaugural **Lupus Gala Event & Exclusive Afterparty** in support of those living and affected by lupus. We are thrilled to announce special guests and Lupus Canada's Ambassador, DeMar DeRozan of the Toronto Raptors, accompanied by his Mother as our guests of honour.



The Gala and after party will take place in Toronto on Saturday February 3, 2018 in downtown Toronto. Please mark your calendars and save the date. More information will be available within the next few weeks on our website www.lupuscanada.org



Have you recently been diagnosed with Lupus Nephritis?

Lupus Nephritis is one of the most severe forms of systemic lupus characterized by inflammation of the kidneys. Current treatment with immunosuppressant's and steroids may help, but the need to find new treatments is high. If you have been diagnosed with Lupus Nephritis, a new research study may be an option.

Centers in Canada are currently conducting a research study in people with Lupus

Nephritis to compare the effect of a new investigational drug (BI 655064) and placebo and are looking for participants.

Qualified Participants Must:

- *Be 18 to 70 years of age*
- *Be recently diagnosed with Lupus Nephritis*
- *Not have acute or chronic infections including HIV, Hepatitis B or C*
- *Additional Criteria may apply*

Make a difference. Help us in the search for improved lupus treatments today!

To learn more about this study, please contact:

Dr. Brent Appleton

Fraser Clinical Trials

604 521-4500

Dr. Paul Fortin

Centre de recherche du CHU de Québec

CHU de Québec - Université Laval

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Dr. Murray Urowitz

Centre for Prognosis Studies in Rheumatic Disease – Toronto Western Hospital

416 603-5800 X3259

Further information is available at:

<https://clinicaltrials.gov/ct2/show/study/NCT02770170>

Cold Weather's Impact on Autoimmune Disease Flares

Source: <http://www.autoimmunemom.com/environment/cold-weather-impact-autoimmune-disease-flares.html>

Changes in or extreme climates can often have an effect on disease conditions. In some cases, there are certain types of weather that can be helpful in controlling or improving a condition; other times, climate can impact disorders negatively in terms of symptoms and disease progression. Here we consider the effects of cold weather and temperatures on autoimmune disease.

Why Does Cold Air Affect Pain & Flares?

The first thing to mention here is that autoimmune conditions come in all shapes and sizes, and as such are affected by many factors.

In general, weather extremes of any kind will place additional stress upon the body,

which is usually not helpful for those suffering from a host of conditions, autoimmune and otherwise. Thus, generalized stress can increase the incidence and severity of autoimmune conditions in a non-specific way, simply by adding to the heightened physiological demands of the body during such periods. Other conditions such as cold agglutinin disease, which is a variant of autoimmune hemolytic anemia, only occur during periods of lowered body temperature. This emotional and/or physical stress can leave an autoimmune sufferer more susceptible to flares, which *might* be better controlled in more temperate weather.

More specifically, it seems that one likely cause of cold-induced pain in many cases is the fact that smaller blood vessels tend to spasm in low temperatures, which leads to a restriction of blood flow to the associated areas. This is known as Raynaud's phenomenon when it is secondary to an established autoimmune disease and it is something that many autoimmune patients know all too well. The spasms can cause extreme pain, swelling, numbness and discoloration, and they occur most prominently in the fingers, toes, ears and nose (because these are all areas with very small vessels and therefore less blood flow and adaptive ability). It is possible, though not certain, that similar problems in larger joints (and therefore vessels) are related in terms of pathology.

What is the Best Way to Combat Cold Weather Effects?

Just as is the case in people without autoimmune conditions, extreme cold requires some contemplation and preparation. On particularly cold days, one should dress in layers, being sure to wear gloves and a hat; this serves the dual purposes of keeping joints warm and more flexible, and reducing overall cold stress. If it is absolutely necessary to remain outside for long periods, it is crucial that one plans to take breaks and go inside occasionally, preferably *before* symptoms can begin to flare.

And while patients should consider exercising indoors during these temperature extremes, it is important, when doing so outdoors, to remain active for the duration, in order to keep joints and muscles warm and more flexible, making them less prone to pain and inflammation. Finally, in extreme autoimmune cases, some people have found that changing climates (by moving) is quite helpful, though clinicians and researchers are divided on the issue, and it is, once again, very personalized as to the benefits.

Questions to Ask Your Doctor

- What is the best climate, if there is one, for my condition(s)? Is it worth considering moving?
- What are the recommended protective/preventive measures I should take when out in extreme cold temperatures?
- Can you provide me with any resources or information regarding the effects of cold weather on autoimmune disease, or disease in general?
- What is your opinion of the barometric pressure theory of joint pain and swelling?
- Are there other causes of cold weather complications in autoimmune disease, besides vessel spasms and those mentioned above?



Fashion for a Cause Montreal Lupus Fundraiser

Lupus Canada was honoured to be chosen as this year's recipients of Rip the Runway Montreal Fashion for a Cause. Fashion For A Cause Montreal is a non-profit association of professionals creating awareness and raising funds to increase the visibility of local and nationwide causes and charities, for greater impact in the community.

The event took place on Saturday October 7th and raised over \$8,400 in support of those living with lupus with a portion of the proceeds going to the Lupus Canada Scholarship program.

Thank you to everyone involved!

Recipe: Mini Chicken Pot Pies

Prep: 20 mins

Total: 60 minutes

Serves: 6



Ingredients:

Chicken Mixture

- 1 tablespoon vegetable oil
- 1 lb boneless skinless chicken breasts, cut into bite-size pieces
- 1 medium onion, chopped (1/2 cup)
- 1/2 cup chicken broth
- 1 cup frozen peas and carrots
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground thyme
- 1 cup shredded low-fat Cheddar cheese (4 oz)

Baking Mixture

- 1/2 cup Original Bisquick™ mix
- 1/2 cup 1% milk
- 2 eggs

Directions:

1. Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
2. In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 to 7 minutes, stirring occasionally, until chicken is no longer pink in center. Add onion and chicken broth; heat to simmering. Add frozen vegetables and seasonings. Heat until hot, stirring occasionally until almost all liquid is absorbed. Cool 5 minutes; stir in cheese.
3. In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup chicken mixture. Spoon 1 tablespoon baking mixture onto chicken mixture in each muffin cup.
4. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

The recipes used by Lupus Canada have been reviewed and approved by


Heather Penney, Registered Dietitian.


Source: <https://www.bettycrocker.com/recipes/impossibly-easy-mini-chicken-pot-pies/9a1006cf-5b40-4c87-acd8-9c3436210129>

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