



**Lupus Canada**



## ***FOR IMMEDIATE RELEASE***

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### **TAKE A STEP TO CONQUER LUPUS... ONE BLOCK AT A TIME**

*Markham, ON - May 3, 2010*

In the month of May residents in communities across Canada will participate in Lupus Canada's most important public awareness and fundraising event, **Walk a Block for Lupus**. Lupus Canada and its member organizations are holding their 9<sup>th</sup> Annual **Walk a Block for Lupus** campaign in conjunction with World Lupus Day to help increase awareness and funds for lupus. May 10<sup>th</sup>, 2010 is the 7<sup>th</sup> Annual World Lupus Day and events will be held worldwide in an effort to bring more awareness to this under-funded and under-recognized disease.

Joining in our efforts to promote awareness of this life-threatening and life-altering disease are our Lupus Canada Ambassadors Colin Mochrie, Debra McGrath and Patrick McKenna.

Lupus affects tens of thousands of Canadian men, women and children, yet many people are still unaware of the disease. It can attack any tissue or organ in the body. Lupus patients often suffer from the disease in very different ways, hence the moniker "The Disease with 1000 Faces". Common symptoms of lupus include joint pain, skin rashes, sun sensitivity, extreme fatigue, fever, chest pain and seizures. Lupus can strike any tissue or organ in the body, including skin, muscles, joints, blood and blood vessels, lungs, heart, kidneys and the brain. Lupus symptoms vary drastically from person to person and can mimic other illnesses, making it difficult to diagnose. If left untreated, lupus can be fatal. Increased awareness and early diagnosis is vital to improving the overall quality of life of the thousands of Canadians living with lupus.

Formed in 1987 through the association of Canadian lupus organizations, Lupus Canada was federally registered as a non-profit charity in February 1988 and incorporated in March 1989. The charity provides leadership and support to Canada's lupus organizations.

*Take a step to conquer lupus...* JOIN a walk, START a walk or DONATE to a walk to support research and help us ensure people living with lupus are living *well* with lupus!

For more information about **Walk a Block for Lupus** please visit [www.walkablock.ca](http://www.walkablock.ca) or call 1-800-661-1468