

LIVING WELL WITH LUPUS: ENRICH YOUR HEALTH THROUGH LEARNING
[REGISTRATION FORM] | SATURDAY APRIL 4TH, 2009 10AM TO 4PM

I would like to attend the Symposium in Toronto. Here is my registration fee of **\$45.00** (lunch is included).

Please select which session you prefer to attend from two categories below:

Concurrent Session I (11:40 a.m. to 12:30 p.m.)

- Very Gentle Yoga
- Paediatrics & Lupus
- Multiple Ethnic Faces of Lupus: Similarities & Differences

Concurrent Session II (11:40 a.m. to 12:30 p.m.)

- Lupus & Your Kidneys
- Living With a Child Who Has Lupus
- Gentle Yoga

I cannot attend the Symposium but I would like to make a donation of \$ _____ in support of this event.

Please charge my: Visa MasterCard American Express **OR** My cheque is enclosed.

Card Number: _____ Expiry Date: _____ Signature: _____

Please print clearly. A confirmation letter will be sent to you. Thank you for registering!

Please mail to: Lupus Canada, 590 Alden Road, Suite 211, Markham, ON L3R 8N2. Credit card payments can be faxed to 905-513-9516 or emailed to info@lupuscanada.org

NAME: _____ TEL: (_____) _____ E-MAIL: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL: _____

SEMINARS AND SESSIONS

Patient Perspective:

"Keeping a Positive Outlook on the Lupus Journey"

- **Julia Kane**

Turning 60 with lupus, Julia will share how she keeps hope and optimism with her every day of her journey.

Concurrent Session I:

Very Gentle Yoga
- **Carolyn Neville & Wendy Singer**

Have you tried yoga but found it too strenuous or too hard on your joints? Hatha based, Svaroopa® Yoga uses gentle poses to release the tensions in the deepest layers of your body and mind, allowing anybody and any body to benefit. Relax and learn simple poses that you can do in bed or in a chair. Bring along loose fitting clothing (t-shirt and jogging pants or shorts).

Paediatrics & Lupus

- **Dr. Earl Silverman**

Dr. Earl Silverman is a Staff Rheumatologist at The Hospital for Sick

Children (SickKids) and is the Director of the Paediatric Lupus Clinic whose major interest is in outcomes in paediatric systemic lupus erythematosus (SLE) and the etiology of neonatal lupus erythematosus (NLE). He is currently the paediatric investigator on a Canadian-wide study of paediatric and adult onset SLE and will be sharing information relative to that investigation.

Multiple Ethnic Faces of Lupus: Similarities & Differences
- **Dr. Janet Pope**

In our lupus cohort that is throughout Canada, there are differences in age of onset and disease manifestations including organ involvement and accrual of damage between ethnic groups. It appears that Asians have more kidney involvement but acquire less damage than Native peoples. The antibody profiles are also different. This can help us to understand the environmental and genetic factors that occur in lupus. In general, where there are gaps in care and less formal education, there is more serious lupus.

Concurrent Session II:

Lupus & Your Kidneys
- **Dr. Heather Reich**

Dr. Reich will be talking about how lupus can affect your kidneys, what questions to ask your doctor, and what measures can be taken to prevent kidney injury.

Living With a Child Who Has Lupus
- **James Christopher**

Living with a child who has lupus brings a different set of challenges and choices for parents and caregivers. One must strike a balance between advocating on behalf of their child's best interests while doing one's best to keep their childhood as 'normal' as possible. James & Gloria will share their experiences and knowledge as parents of a teenager living with Lupus.

Gentle Yoga
- **Carolyn Neville & Wendy Singer**

Have you tried yoga but found it too strenuous or too hard on your joints?

Hatha based, Svaroopa® Yoga uses gentle poses to release the tensions in the deepest layers of your body and mind, allowing anybody and any 'body' to benefit. Relax and learn simple poses that you can do in a chair and on the floor. Bring along loose fitting clothing (t-shirt and jogging pants or shorts).

Chair Yoga
- **Erin Moraghan**

As a warm up to our afternoon Plenary Session, Erin will be guiding the group through a 10 minute chair yoga session, showing us several relaxing, rejuvenating stretches we can do daily, along with one minute of calming breaths.

PLENARY

Beware Later Heartache: Lupus & Heart Disease

- **Dr. Murray Urowitz**

The "heartache", once lupus has been controlled, is the new development of accelerated atherosclerosis, a condition leading to premature heart disease and strokes. Our discussions will address how this manifests itself to patients, why it occurs, what are the discernable risk factors for this "second hit" and what can we do to prevent it from happening.

Living a Healthy Life & Lifestyle
- **Dr. Ellie Aghdassi**

Modern research reveals that nutrition, supplementation and lifestyle factors play a dominant role in the prevention and development of many chronic conditions. In her presentation, Dr. Aghdassi explains how our modern dietary patterns and other lifestyle behaviors have disrupted the health of the Canadians. She will highlight the current scientific evidence showing that proper nutrition, physical activity and a targeted supplementation plan can reduce the risk of serious health conditions such as Obesity, Heart Disease, Cancer, Osteoporosis, Diabetes, and Arthritis.

MEET OUR SPEAKERS

Aghdassi



Christopher



Kane



Moraghan



Neville



Pope



Reich



Silverman



Singer



Urowitz



DID YOU KNOW...

92% of delegates indicated the 2008 speakers and sessions were **top-notch, informative and relevant to their life**

77% of delegates indicated their understanding of lupus related issues increased by **75% or more** from attending the 2008 Patient Symposium

81% of delegates indicated they were **very glad** to have attended in 2008

68% of delegates were people living with lupus; **19%** of delegates were caregivers, family members or friends of people living with lupus and **13%** of delegates were health care professionals (physicians, researchers and other)

IN THEIR OWN WORDS...

"The information and explanation was amazing; gives me a refreshing feeling in accepting living with lupus."

"The presentation was very clear and easy to understand by the non-medical person."

"It was wonderful to meet people who share this disease and the struggle."

"Very useful information that I can use on a daily basis."

"This was my first (Symposium), and it far surpassed my expectations."

"I feel very enlightened, more secure."