



REGISTRATION FORM

PATHWAYS TO GOOD HEALTH

THE 7TH ANNUAL NATIONAL **LUPUS** PATIENT SYMPOSIUM

PRESENTED BY LUPUS CANADA &
CANADIAN NETWORK FOR IMPROVED OUTCOMES
IN SYSTEMIC LUPUS (CaNIOS)

SATURDAY, MAY 31ST, 2008

DELTA MONTRÉAL

MONTRÉAL, QUÉBEC

SEMINAR AND SESSION TOPICS

- Patient Perspective -- "Lupus is not just about wolves"
- Youth to Adulthood -- The Transition Years
- Update on Lupus Research in Canada
- Mise-à-Jour sur la recherche sur le lupus au Canada
- La maladie cardiaque et le lupus
- Managing Arthritis and Employment: How are People Coping
- A Recipe for Success...Healthy Eating to Help You

PLENARY TOPICS

- Kidney Disease in Lupus
- Lupus and the Nervous System
- Keeping Well Around the Clock



For more information, contact Lupus Canada
www.lupuscanada.org | Ph: 905-513-0004 | Fax: 905-513-9516
590 Alden Road, Suite 211 Markham, ON L3R 8N2



I would like to attend the Symposium in Montréal. 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 a.m. to 12 p.m.)

- Youth to Adulthood -- The Transition Years
- Update on Lupus Research in Canada
- La maladie cardiaque et le lupus

Concurrent Session II (1 p.m. to 2 p.m.)

- Mise-à-Jour sur la recherche sur le lupus au Canada
- Managing Arthritis and Employment: How are People Coping
- A Recipe for Success...Healthy Eating to Help You

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.

Mail to Lupus Canada, 590 Alden Road, Suite 211, Markham, ON L3R 8N2. Credit card payments can be faxed to 905-513-9516.

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

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL: _____

SEMINARS AND SESSIONS

*Patient Perspective –
“Lupus is not just about wolves”
Carolina Pineda*

An uplifting reflection on the unexpected and inspiring experiences of a young woman dedicated to bringing hope and strength to people living with lupus in Canada and abroad.

*Youth to Adulthood –
Dr. Lori Tucker + speaker from
Monteal Children’s Hospital*
The impact of lupus as a chronic illness on the normal developmental changes of adolescence will be discussed. A practical model for health care transition which promotes youth education, independence and self-management will be described.

*Update on Lupus Research in
Canada*

Dr. Paul Fortin
Dr. Fortin will bring the audience up to date on lupus research projects performed in Canada in 2007 by the Canadian Network for Improved Outcomes in SLE (CaNIOS) and by other research teams. He will also describe how Canadian lupus researchers are collaborating internationally and how these research projects will benefit lupus patients in Canada.

*Mise-à-Jour sur la recherche sur
le lupus au Canada*

Dr. Paul Fortin
Une mise-à-jour sur la recherche effectuée au Canada en 2007 par les chercheurs du Réseau Canadien de Recherche pour l’amélioration du pronostic du lupus érythémateux disséminé et par d’autres chercheurs

Canadiens. Il décrira comment les chercheurs Canadiens collaborent sur la scène internationale et comment ces projets de recherche aideront les personnes avec le lupus au Canada.

*La maladie cardiaque et le lupus
Dr. Christian Pineau*

Discussion sur les liens existant entre la maladie cardiaque et le lupus et l’identification des facteurs de risque et des stratégies préventives.

*Managing Arthritis and
Employment: How are People
Coping - Dr. Monique Gignac*

The talk will draw on research with over 450 individuals who were interviewed on four different occasions over a period of five years. All the participants had arthritis and varied in age, gender and type of work. The

presentation will focus on aspects of living and working with arthritis that were reported to create job stress and the ways that individuals coped and adapted to the challenges of working with a chronic illness.

*A Recipe For Success...Healthy
Eating to Help You
Pam Piotrowski, RD*

More studies are showing that a healthy diet can help you live well with lupus. The recipe to good nutrition and healthy eating is more than knowing all the ingredients but learning how to mix them all together to fit into your day-to-day lifestyle. This session will help you develop your own personalized nutrition care plan to manage the symptoms and side effects commonly associated with lupus.

PLENARY

*Lupus and the Nervous System
Dr. John Hanly*

An overview of how SLE can affect different parts of the nervous system.

*Keeping Well Around the Clock
Dr. Deborah Da Costa*

This session will focus on identifying common sleep difficulties experienced by individuals with lupus. Research examining the consequences of sleep difficulties and the factors which contribute to poor sleep will be summarized. Nonpharmacological and pharmacological therapies for managing sleep problems will be reviewed.

*Kidney Disease in Lupus
Dr. Joanne Bargman*

This session will explore the issues surrounding kidney disease and lupus.

MEET OUR SPEAKERS

Bargman



Da Costa



Fortin



Gignac



Hanly



Pineau



Pineda



Piotrowski, RD



Tucker



DID YOU KNOW . . .

86 % of delegates indicated the 2007 speakers and sessions were **extremely top-notch, informative and relevant to their life**

69% of delegates indicated their understanding of lupus increased by **more than 50%** from attending the Symposium

71% indicated they were **very glad** to have attended the Symposium

IN THEIR OWN WORDS

“Very knowledgeable speakers, fun networking, great silent auction.”

“I’m going to make changes to my diet. I learned to take it easy and not overdo it.”

“I learned a lot more about lupus. My wife has it but I never really understood it.”