

FIRST ANNIVERSARY ISSUE

Volume 2, Issue 1



Get in the Loop



Letter from the Editor

Our first year of Get in the Loop was met with a lot of success. From the moment I introduced the first issue at the LESS Symposium last October, people started commenting on how helpful the topics are, especially to young people with lupus.

Many thanks goes out to our readers, who eagerly anticipate reading each issue.

And a special thanks goes out to our writers, who share their wisdom and ideas on how they manage living with lupus and life's other challenges.

This, our First Anniversary Issue, features an expanded Relationships section. We get to hear from significant others about how they cope and give support to their loved one who is living with lupus.

Our Healthy Eating section looks at ways of reducing sodium intake without compromising taste.

And our Keeping Fit section provides tips on finding the right fitness program, and sticking to it!

As always, we welcome submissions. Send your articles and photos to getintheloop@gmail.com. And don't forget to check our Facebook group regularly (Get in the Loop) for updates.

I hope you enjoy this issue. We appreciate the support we have been given since the very first issue, and I've certainly enjoyed watching this project flourish over the past year and hope it will continue to do so for many more years to come!

Heavy Thoughts

BY JACLYN LAW
CONTRIBUTOR

When I was diagnosed with lupus 12 years ago, I had to take a high dose of prednisone, a corticosteroid that I'm sure many of you are familiar with. As you also probably know, prednisone can increase your appetite. I'd lost a lot of weight while I was sick, and so I started to eat...and eat...and eat....

The drugs saved my life,

but they also helped me pack on close to 40 pounds in a month. The prednisone and weight gain also caused angry red stretch marks all over my body. It doesn't help that prednisone weight tends to settle in the worst places – your belly, upper back and face. I felt like my face had been replaced by a volleyball. And I suddenly had to buy a new wardrobe I didn't want – my “fat clothes.”

That experience changed my body. It's also changed

my relationship with my body. After all these years, I still feel like it isn't really mine – instead, it feels like an elaborate foam suit that separates me from my previously skinny 17-year-old self. It's the Michelin Man version of me, and I can't find the zipper to take it off. I hate that my “fat clothes” are now...well, just my clothes.

I give myself a reality check every so often. I'm turning 30 this year, and of

...Please see page 8

INSIDE THIS ISSUE:

Back to the Books	2
Keeping Fit	3
Relationships	4-5
Science that Matters	6
In the Know	6
Healthy Eating	7
Opinions	8
LESS Registration Form	9
LESS Symposium Information	10

Back to the Books



BY CHARLENE JOHNSON
EDITOR-IN-CHIEF

For many of us, the arrival of fall means back to school. For students with lupus, that can also mean returning to high stress levels and flares. There are a few steps that we can take to ensure that our transition from vacation to studying mode is as

smooth as possible.

Talk to someone

Make sure your school is informed of your condition. In elementary or secondary school, the best person to speak with would be your guidance counsellor. For college or university students, speak with some-

one at the office for students with disabilities. You will likely have to provide a doctor's letter confirming your disability, which you can copy for yourself and provide again the following year. This is also the place to address accommodations that you feel you might need. Even if you don't think you need to be accommodated, it's good to have a 'file' in case you do become ill during the year and are absent.

Always apply for scholarships, even if you don't think you'll qualify. Many schools offer thousands of dollars in scholarships and bursaries designed to students with disabilities. Check out The National Educational Association of Disabled Students website (www.neads.ca), which provides up-to-date info on funding and resources for students with any type of disability.

“Many students with disabilities are unaware of the types of accommodations available to them.”

Many students with disabilities are unaware of the types of accommodations available to them. This can include notetakers, separate rooms for tests/exams, extensions when ill and more. When your performance in school is compromised due to health, disability accommodations help you do the best you possibly can under difficult circumstances.

Strapped for cash?

Tuition fees can be a financial burden, especially if they are added to medical- or disability-related ex-

If you have control over your class schedule, consider your medical condition when deciding on course load and sections. I personally prefer morning or evening sections, because it allows me to rest a little in the early afternoon, when my energy is at its lowest. (I also try to keep one or two weekdays open for doctor's appointments, lab visits, etc.)

Going back to school may be challenging, but preparing yourself as best you can will help ease the transition, so you can look forward to a productive school year.

Get in the Loop is a new publication for youth with lupus that strives to connect young people across Canada who are living with this disease. It is organized and published by young people with lupus, in conjunction and with the support of Lupus Canada. The opinions expressed in Get in the Loop are in no way a substitute for advice from medical professionals.

Lupus is an autoimmune disease that affects thousands of people in Canada, mostly women in their child-bearing years. Symptoms vary greatly from patient to patient and treatment is highly individualized. Patients are urged to contact their physician or health professional with any questions or concerns they might have. Opinions expressed on these pages do not reflect those of Lupus Canada.

LUPUS CANADA

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Get in the Loop

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Sticking to the Routine

BY CHARLENE JOHNSON
EDITOR-IN-CHIEF

Having trouble sticking to a fitness routine? Sure, starting a new exercise regimen can be empowering and energizing. Many lupus patients feel that exercising regularly, regardless of what program they choose to do, can give them some sense of control over their body and its condition. But after a few months or weeks, you may feel bored by the routine and have trouble being consistent. Not to worry, this reaction is normal and can easily be remedied with a few simple tips.

Find a program that interests you

Taking a Tae-Bo class when you prefer Stability Ball is not going to motivate you to stick with the program. Many fitness programs offer drop-in or pay-as-you-go classes, so that there's no money wasted if it doesn't work out for you. Arrive a little early, as space is usually limited.

Set up a routine

This step involves many decisions. For starters, you need to choose a location. If you choose to join a fitness club, consider how convenient it is for you to get there and if it's close to work, home, or school.

Also consider what time of day you exercise would be most effective. For those of us with lupus, we need to consider when our exercise would help prevent fatigue instead of causing it. I prefer morning classes, when my energy levels are at their highest; it gives me that extra kick to get on with the rest of my day.

Frequency and length of exercise sessions is also important. Allowing yourself a day in between exercise sessions may be important, especially if workout sessions leave you feeling a little sore afterwards.

Consider a session or two with a personal trainer

A personal trainer can help you choose a program that accommodates your condition and fitness goals. Mention that you have lupus and how it affects you physically, so that they can design a program that won't cause you more harm than good. It's also worth mentioning how you usually feel after a workout, so that they can recommend programs suited to your level of fitness and capabilities.

Listen to your body

Ignoring aches and pains can be harmful. Don't be afraid to take breaks during classes, or to even change a program that doesn't work out for you. The key to keeping fit is to feel good overall, and that can't be done if you always need to recuperate from

Don't be intimidated by others

This can often be a roadblock to consistency when joining classes of more than 20 other people wanting to get in shape. You can still take things at your own level and pace and remind yourself that the other members may have been there longer than you have. Be aware of your physical limitations and don't push yourself beyond that. Feel free to "sit out" of moves that your body can't handle. (This is why it helps to have a little word with the instructor before the class begins.)

Bring a buddy

Some people prefer a companion while exercising. In many cases, it might help you stick to the routine, as you often rely on each other for company. Consider asking a friend or family member to join you.

Hopefully with these tips, you'll feel inspired to start a fun, new fitness regimen and stick to it.



Tip: Many colleges and universities have fitness centers that offer memberships to students and alumni at a very competitive rate. This is also a good way to fit in some exercise between classes.

Relationships

Eliminating Questions, Finding Answers

BY DR. MIRJA KUNDAPUR
CONTRIBUTOR

Many people have asked me, “What is lupus? Is that the name of a flower?” I bet most of the general public does not have the slightest clue as to what it is! (Even family physicians have problems diagnosing it for the first time.) No wonder it is called the “Great Masquerader”, as it eludes doctors again and again.

I am a mother and also a family physician. My daughter was diagnosed with Systemic Lupus Erythematosus (SLE) at age 25. It took a while for the doctors to

diagnose her illness. Unfortunately, most of the doctors assume if young people show up in the emergency room complaining of pain they are “drug-seeking”. Without any further assessment they dismiss them with merely a prescription of NSAID’s. So my daughter had to suffer with severe chest pain for almost a year; I had to take her to the ER and demand proper investigations and she was lucky to find a good rheumatologist who treated her with proper medications.

Finally, she was diagnosed and as a doctor, I was satisfied. But as a mother, my world fell apart.

I was devastated. I was in total shock. I could not comprehend why my daughter had to be the one to have this multi-systemic autoimmune disease. Once I overcame the initial shock, I was determined to help my daughter.

I immediately read everything I could about the disease in order to help her physically. As a mother, I knew exactly what she was going through emotionally. I was determined to be there for my daughter in every way I could.

My daughter is a very strong young lady. She has read a lot about her illness and she has learned to man-

age every aspect of her life in total balance. I have talked to a lot of families who are also dealing with this illness and I have offered my support and help.

My daughter and I have joined the Lupus Ontario and we are working together to raise funds for research. As a physician and a mother, I am committed to finding a cure.

Hopefully one day, no one will know what lupus is...but only because it will be gone forever.

Loving and Living with Lupus

BY PETER JELLEY
CONTRIBUTOR

Although I was certainly aware of lupus before meeting Tanya, I can’t pretend that I really knew very much about it. In fact, I probably still don’t. When Tanya and I first met she told me relatively early in our relationship about her disease. Since then, in one way or another, lupus has been a part of my life.

At times, the effect on our relationship has been very minimal. When the disease isn’t very active or when Tanya has felt particularly strong, it has been easy for

me to forget some of the extra challenges that we face. (Except for, of course, the endless supply of medication and the constant trips to doctors or specialists of one type or another.) Tanya is strong and so I only rarely hear her comment on these intrusions into her life. And I haven’t been a participant in the hospital or clinic visits as much as I should be.

During a lupus flare, Tanya’s increased pain and discomfort leads to increased stresses on all her relationships. Our own is no exception; I see firsthand the pain she is in. Sometimes it is joint pain or sometimes it is the



Peter, posing with his girlfriend Tanya, discusses his relationship and living with lupus in good times and bad.

result of another intrusion into her body, made accessible by a challenged immune system.

It is during these times of our greatest challenges that we are often most tested. Severe symptoms at times have led Tanya to challenge

her self-worth and for moments to lose confidence in herself. These insecurities provide relationship stresses that we have struggled to manage. I would like to think that over time we have improved and that we now

...Please see page 6

The Greatest Gift



Florence's father donated his kidney to save her life.

BY FLORENCE TEWOGBADE
CONTRIBUTOR

"If I have to give both my kidneys, I will for my daughter."

I must admit, being diagnosed with SLE/lupus nephritis back in 1996 when I was fourteen was not only shocking – it was downright devastating.

Just a few months prior, I graduated from middle school and was on top of the world. Not only was I the school president, but I was also addressed by my graduating Grade 8 class as the valedictorian. I was tirelessly involved in every aspect of school, including sports teams, band, yearbook and anything else I could get involved in. I was ready and excited to start high school. But I went from being the textbook definition of "independent" to being heavily reliant upon my entire family.

While my Mom, sister, and brother were and still are amazingly supportive, my father was the one who would soon be giving me a second chance at a normal life. He'd be giving me the greatest gift I could ever ask for: a new kidney.

"If I could switch places with my daughter, I'd do it in a heartbeat. In a second."

My father, also known in the community as Constable Ojo, said that to me all the time – not only with his words,

but with his actions. Whenever I was ill and had to be admitted to the hospital, never would my dad allow me to be at the mercy of hospital food. He'd come and visit countless times throughout the day just to bring me a meal. His positive demeanor and support are what got me through the often sleepless nights in the hospital. Although he may not have said it, I know that it broke my Dad's heart when he saw me going through things (and trust me, he's seen me go through *a lot* of things). My heart broke to know it too.

"There was never any question about donating.. This is my kid"

As the years went on, my kidney function continued to decline, and the need for a transplant was becoming more and more necessary. Volunteers came forward and offered to get tested. My best friend Sarah, my sister Liz and my father all got tested right away. Both Liz and my father were compatible, but my father insisted that he be the one to donate his kidney to me, declaring that he wanted to hear nothing else to the contrary. We were ready to do this transplant years ago, but unfortunately I became ill prior to the surgery date and everything had to be postponed.

Recently, my father redid some tests that needed to be updated and now we're all set for a transplant again. We just need to wait for the doctors and surgeons to finally book the date.

"If I'm going to get a new car out of this, I'm going to have to buy it myself,"

Hearing about other people who have had transplants and are living their lives is very encouraging. While on patrol, my father met a woman with a brand new car that was given to her by her brother after she donated a kidney to him. My father often jokes about wanting me to buy him a brand new car after all is said and done.

His love, support, sense of humour, and tact were instrumental in getting me through many years with lupus. I hope to one day buy my Dad that car. In my opinion, he deserves much more than that.

Science That Matters

Cyclophosphamide (aka Cytoxan)

BY CHARLENE JOHNSON

EDITOR-IN-CHIEF

Created by Norbert Brock and a team of scientists over 50 years ago, Cyclophosphamide was originally designed to treat many forms of cancer, but is now widely used to treat SLE, especially lupus nephritis.

This form of chemotherapy is often given through intravenous (IV) feeding, and works by being absorbed by the liver, where enzymes convert it to metabolites. For lupus patients, cyclophosphamide has been helpful in providing an *immunosuppressive* effect on the body.

Patients receiving cyclophosphamide need to be monitored closely for side effects and complications. They may need to have frequent doctor's appointments and blood tests to ensure that blood levels are high enough to endure treatment.

Side effects may include nausea and vomiting, bone marrow suppression, hair thinning and/or loss, diarrhea, mouth sores, easy bruising/bleeding, weakness and fatigue, and more. For female patients, the menstrual cycle may stop during the course of treatment. All side effects should be reported to the doctor (treatments are available for some side effects).

As with all immunosuppressive meds, lupus patients taking cyclophosphamide should take precautions to prevent themselves from catching other viruses and infections.

Fluid intake is extremely important while taking cyclophosphamide. Patients should drink fluids more regularly throughout the day, but especially closer to bedtime, as this will encourage them to empty the bladder regularly throughout the night. This is to prevent the chemicals of the drug from settling in the bladder, where it can cause a condition called *hemorrhagic cystitis*.

Glossary

Immunosuppressive drug or immunosuppressant: Drugs that work by controlling and slowing activity within the immune system.

Hemorrhagic cystitis: Occurs only in women; inflammation of the bladder leading to hemorrhage (loss of blood)

...Continued from page 4

work together to overcome these periods more cohesively. They are real challenges, though.

Relationships are difficult enough at the best of times. The stresses of a (periodically) debilitating illness can be enough to tip the balance if not properly discussed and understood by partners.

It is with pride and love that I have seen Tanya grow and gain more confidence as she faces the challenges wrought by lupus. The darkest episodes are fewer and less severe, and it is exciting to watch as she becomes more involved in leading support group activities and in helping raise awareness of lupus and funds to combat the disease.

In the Know

Lupus Awareness Month

Once again, Canadians living with lupus and those inspired by the cause are gathering together to celebrate Lupus Awareness Month. Events are taking place across the country, especially Walk-a-Block for Lupus, Lupus Canada's national walk-a-thon. If you would like to participate, contact Lupus Canada at their national office, 1-800-661-1468, or check out the website for more information. Walkers can register online and track their progress with pledging and sponsors, read blogs from other walkers, or even join a team or community walk. Get involved, and let's walk together to conquer lupus.

Symposium 2008

Lupus Canada will be hosting their 7th annual symposium in Montreal, Quebec. The event, which takes place on May 31st, 2008, will feature seminars offered in both English and French by guest speakers which include medical professionals and patients. The event promises to be informative, while keeping with the theme of providing lupus patients and their loved ones with the tools they need to continue Living Well with Lupus. For more information or to register for the event, please contact Lupus Canada.

Low Sodium Diet

BY CHARLENE JOHNSON
EDITOR-IN-CHIEF

Ever think that sticking to a low-sodium diet is simply too hard to do? In today's society, many foods are laden with dangerous amounts of sodium and other additives to make them taste good. Processed and prepared foods are often culprits: although they taste good, reading the label will often reveal that they are chock-full of sodium and other additives. While sodium can add flavour to our food, it can also lead to serious conditions such as high blood pressure, which contributes to heart disease and stroke.

For lupus patients, many medications make them even more vulnerable to these conditions. And of course, as many of us already know, high levels of sodium

can aggravate and worsen the bloated, swollen feeling we can get while taking the drug Prednisone.

Not to fear, there are ways to prepare healthy, tasty meals while keeping sodium levels to a minimum. As a general rule-of-thumb, a person on a sodium-reduced diet should limit their intake to 1500 mg of sodium per day. That's the equivalent of $\frac{3}{4}$ teaspoon. Below are some tips to eating well while reducing salt intake.

Read food labels

Checking the sodium levels on food labels will give you a good indication of which products have too much sodium. Keep in mind the maximum amount of sodium you are to take in a day, and compare that to what the product contains. When buying processed or packaged foods, limit intake to

480 mg per serving (980 mg for entrees). Also remember that sodium has many different names in the ingredient list, including monosodium glutamate (MSG), baking soda, baking powder, and disodium phosphate, to name a few.

Avoid sauces and dressings

Remember that sauces and dressings are often high-sodium products in disguise. Try recipes that allow you to make your own dressings, or look for low-sodium alternatives in the grocery store. Products such as soy/teriyaki sauce, canned soups and broths often come in low-sodium varieties. In a creative culinary mood? Make your own dressing using fresh herbs, healthy oils (e.g. olive oil) or lemon.

Start from scratch

The best way to control what goes into your food is to be involved first-hand in its preparation. Making meals from scratch allows you to add your own flavours and stick within your limits. For example, instead of buying a can of soup, make your own from scratch.

Adding flavour

without adding salt

Products such as Mrs. Dash seasonings allow you to add flavour to meats without sodium. Fresh herbs and vegetables such as garlic and onions also allow you to enhance flavour without missing the salt.

Of course we couldn't give you these tips without providing you some recipes to try out. Here are our picks of low-sodium recipes that are sure to taste great.

Spinach Dip *

Yield: 24 portions

$\frac{2}{3}$ cup light mayonnaise

24 oz frozen chopped spinach, defrosted, drained

1 $\frac{1}{4}$ cup plain low-fat yogourt

3 tbsp Mrs. Dash Original Blend Seasoning

4 tbsp Mrs Dash Garlic & Herb

2 $\frac{1}{2}$ cup fat-free sour cream

1. Combine all ingredients and chill for at least 3 hours.
2. Serve with toasted pita wedges or jicama chips.

Beef Teriyaki

Stir Fry *

Yield: 4 portions

1 lb boneless beef sirloin steak, cut in thin strips

1 $\frac{1}{4}$ cups Campbell's Ready to use 25% Less Salt Beef Broth, or 1 can Campbell's Condensed 25% Less Sodium Beef Broth

2 tbsp cornstarch

1 tbsp sodium-reduced soy or teriyaki sauce

1 tbsp packed brown sugar

$\frac{1}{4}$ tsp garlic powder

3 cups fresh or frozen vegetables

4 cups cooked rice

1. Heat a large, non-stick skillet, lightly coated with vegetable oil cooking spray over medium-high heat. Cook beef for 10 minutes or until browned. Set beef aside.
2. Stir in broth, cornstarch, soy sauce, brown sugar and garlic powder. Heat to a boil, stirring often. Return beef to skillet. Reduce heat; simmer 5 minutes. Stir in broccoli.

3. Simmer covered until beef and broccoli are cooked through, about 5 minutes, stirring occasionally. Serve over rice.

*With files and photo from mrsdashrecipes.com, campbellsoup.ca, and heartandstroke.ca. For more information, refer to Canada's food guide.



Opinions

Life (with lupus), liberty and the pursuit of happiness

BY JESSICA KUNDAPUR

CONTRIBUTOR

Fellow lupies, I dare to ask a radical, thought-provoking and jaw-dropping question: What are you going to do with your life? Often we are terrified to answer because we confuse this with ‘What *should* you do with your life?’ and we can be trapped between our pre-lupus expectations and post-lupus life.

Fellow lupies, I dare to suggest a radical, thought-provoking and jaw-dropping approach to answering this question: Lupus now gives

you (and only you) the freedom to choose a brand-new path. Your diagnosis offers you the liberty to decide what you are going to do with your life and to unabashedly pursue your happiness. Your unique situation offers you an escape from unworkable expectations that no longer fit into your life and you are now free to let go of the guilt that accompanies these old patterns. You can pursue new paths (with goals that you never dreamed of before!) that are both lupus-friendly and fulfilling.

I’m not pretending that this is an easy task. I was

diagnosed with lupus while I was completing my Master of Science degree. I had to peel myself away from ancient expectations. I was so unhealthily attached to these “dreams” – some of which weren’t even mine – that I was unhappy with myself for not wholeheartedly achieving them. My new life with lupus has empowered me to say ‘no’, to see myself as I really am and to seek my own happiness.

Let’s face it, our lives are different now and it will never again be as it was. Yet there are things you can do now that you couldn’t do before; the least of which is

copied with an illness.

Lupus doesn’t fully define who you are or what you can accomplish. While you may need to re-evaluate some goals you’ve had in the past, it can help you create a whole new future. Lupus gives you the freedom to sort out your priorities, and to discover what your life purpose is.

So what are you going to do with your life? My fellow lupies, I dare to propose that what you are going to do with your life is to embark on the most radical, thought-provoking and jaw-dropping path: Your own.

...Continued from page 1

course it’s unrealistic to want to look like a teenager again. I chide myself for wishing I could wear miniskirts without showing the stretch marks, now faded into pale streaks, all over my legs. It’s superficial, right? But I feel like I never had the chance. (Back in high school, if I’d had a crystal ball that told me what was coming, I probably would have worn miniskirts every single day!)

Instead, I look ruefully at fashion magazines and think, “That’s never going to be me.” And once again, I’m annoyed with myself. Didn’t I learn anything from all those women’s studies courses I took in university? What mind-warping spell made me forget that these images aren’t real? That they

oppress women and steal our self-esteem?

At the same time, I don’t want to use lupus and prednisone as an excuse for not making an effort. So, I try to be realistic and strive for a healthier approach. It’s well known that regular exercise, within your abilities, is important for people with lupus. It keeps your joints limber and helps save your bones from the weakening effects of prednisone. Exercise also releases mood-boosting endorphins and relieves stress and tension.

Instead of weight loss, I try to focus on getting stronger. Not bodybuilder strong, but strong enough to carry several bags of groceries or jog up a few flights of stairs without gulping for air.

Strong enough to make it through an ashtanga yoga class, go cycling with friends or play tennis with my sweetie.

I try to go to the gym, pool or yoga class a few times a week. I mark down the days I exercise in my calendar so I can see how consistent I’ve been. It’s never quite as consistent as I’d like – you may have noticed that a lot of my sentences begin with “I try.” But I’m working on it. And, instead of wallowing in the swamps of self-pity (where, for some reason, chocolate chip cookies, ice cream and Doritos are surprisingly plentiful), I hope you’re also looking for ways to build healthy habits into your daily routine.

STUFF THAT WORKS FOR ME

Here are some quick, easy ways to make healthful changes:

- Instead of drinking a can of pop, whip up a fruit smoothie. At our house, we use a lot of frozen berries. Add a banana, milk or soymilk, and ice and blend it all together. For a sweet hit, add a little honey.
- Do you avoid veggies? Try cuisines from other cultures. I can’t say no to cauliflower, for example, when it’s prepared with Indian spices.
- Enjoy treats you like, but less often. And when you indulge, do it right – rather than gobble down a candy bar from the drugstore, buy good-quality chocolate and savour it.
- Ask the Tim Hortons staff to make your iced capp with 2% milk instead of cream.
- Make exercise dates with a friend. I look forward to yoga class more when I know a friend is meeting me there.

1000 Questions for the Disease of 1000 Faces



Youth Symposium



Please pre-register to enable us to prepare for this event.

Name: _____

Address: _____

Phone: _____ E-mail: _____

Age: (only if you are a youth, and this is optional) _____

If a family or group is attending, how many people in total? _____

Are you attending both days? _____

Saturday Presentation? _____

Sunday AM Youth Discussion? _____

Sunday AM Family Discussion? _____

Sunday PM Presentation? _____

Sunday Luncheon (included for those attending the whole day)? _____

Please mail, phone, or e-mail your pre-registraiton to one of the Symposium Coordinators:

Irene Driedger - Box 151 Clavet, SK S0K 0Y0, (306) 931-1063, idriedger@sasktel.net or
Marianne Weber - 1280 Wolfe Ave. Moose Jaw, SK S6H 1K2, (306) 693-6368, less@sasklupus.com

If you know anyone who may be interested, please pass this information on. Thank you.

LESS gratefully acknowledges the Radisson Hotel as our corporate sponsor.



**Working together to
conquer lupus.**

Lupus Erythematosus Society of Saskatchewan (L.E.S.S.)

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1000 Questions for the Disease of 1000 Faces Youth Symposium



October 27th & 28th, 2007

Radisson Hotel, Galileo and Picasso Rooms, Main Level
405 - 20th Street East, Saskatoon SK

Guaranteed 'Lupus Youth Symposium' Room Rate: \$109.00/night at (306) 665-3322

Schedule:

Saturday, October 27:

Registration12:00 PM
Dr. Alan Rosenberg, Pediatric Rheumatologist1:00 PM
'Discovering the Earliest Origins of Lupus: Implications for Treatment and Prevention'

Sunday, October 28:

Concurrent Discussion Sessions..... 10:00 AM
'Round Table Youth' and 'Round Table Family'
Daniels Kimber Physiotherapy Clinic Presentation.....1:00 PM

The focus is on 'Youth', but a diverse coverage of the topics will provide valuable information and resources for all ages and situations.

Q & A opportunities will be available.

Everyone is welcome...youth with lupus, anyone newly diagnosed, those living with lupus, family members, medical personnel, youth workers, or anyone with an interest in lupus. Admission is free of charge.

Contact the Youth Symposium coordinators to pre-register or for further details.

Irene Driedger at (306) 931-1063 or idriedger@sasktel.net

Marianne Weber at (306) 693-6368 or less@sasklupus.com

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