

# 2016 E-Newsletter August

**Subject: Contest Giveaway!**

Lupus appears in cyclical seasons of flares, chronic phases and remissions like the final flash of heat in late August before the cooler air rolls in September. The 'Disease with a Thousand Faces' is notoriously under-recognized and under-researched, but with your help, we can work to raise awareness and funding for research towards a life without lupus through campaigns like #GivingMonday. Help us raise funds to support those living with lupus through research, awareness, advocacy and education by donating to Lupus Canada. When you donate you are helping us change the future of lupus care and treatment.

Visit <http://www.lupuscanada.org/givingmonday>

Don't forget to check out this month's Let's Talk Lupus video about the Shingles Vaccine on August 17 [www.lupuscanada.org](http://www.lupuscanada.org)

## Lupus Canada Contest Giveaway!

As of August 10th you have the chance to win a Lupus Canada swag package! All you have to do is follow us on Facebook, "like" our page, tag three friends or more in the comments section and share the post! The winner will be announced on August



# Make your home lupus-friendly

In the heat of the summer you will want to stay in to avoid the sun's rays. If you find yourself inside more often than not, it might be a good idea to make your home Lupus-friendly with features that make daily activities easier on your body.

## Brace and replace!

Little things can become big obstacles with Lupus. Brace yourself and replace the little things before they cause more trouble. Some examples:

- Swap out toggle light switches for rocker switches, which have a larger face you can push.
- Replace cabinet knobs with C-shaped handles for easy opening.
- Add height to your washer and dryer to save your knees.
- Switch a doorknob for a lever. It's much easier on your fingers.

## Arrange convenient resting spots.

Make sure there are nearby places to sit down and recharge your batteries.

## Choose your lights carefully.

Photosensitivity from Lupus can occur under indoor lights as well as the sun. Many businesses and offices use halogen or fluorescent lights that may cause Lupus symptoms. Fortunately, there are shades, filters, shields and covers from several manufacturers that offer some protection from indoor UV.

## Repurpose house items.

Stick sponge hair rollers over anything you need to hold, such as forks, knives and toothbrushes to keep everyday tasks within your grasp.

## Look for arthritis-specific products.

If you've exhausted your store of repurpose-worthy household items, there many products designed specifically to reduce pain in people with arthritis and make tasks more manageable. Here is a list of some of the coolest products on the web: <http://www.everydayhealth.com/arthritis-pictures/10-terrific-arthritis-gadgets.aspx#07>.

## Manage with Moderation

Lupus is a chronic autoimmune disease that can affect any part of the body and cause extreme fatigue. You need to know your body's limitations. Look for the signs and signals your body tells you when it needs rest and listen to them when it does. In this summer heat, remember to get lots of rest and hydrate often.

Sources:

<http://Lupuscolorado.org/8-ideas-for-making-your-home-Lupus-friendly/>  
<http://www.webmd.com/Lupus/community-tv-Lupus-11/Lupus-photosensitivity-uv?page=2>

# Recipe Corner



## Smoked trout and summer bean salad

by Nicolaus Balla, Cortney Burns from *Fine Cooking*, Issue 13

### INGREDIENTS

12 oz. (2-3/4 cups) green beans (or an assortment of string beans), string removed if tough, cut into 1/2-inch pieces  
1/2 cup sunflower seed or grapeseed oil, preferably unfiltered  
4 cups cooked cranberry or cannellini beans (fresh, dried, or canned)  
2 small or 1 large cucumber, peeled if skin is tough, cut into 1/2-inch dice (about 3 cups)  
1 cup oil-cured black olives, pitted and halved  
1/2 cup finely chopped red onion  
1/2 cup toasted sunflower seeds  
1/4 cup chopped fresh curly parsley, 1 tsp. reserved for garnish  
1/4 cup chopped fresh dill, 1 tsp. reserved for garnish  
3 Tbs. fresh lemon juice  
3 Tbs. red wine vinegar  
2 Tbs. fresh marjoram leaves, coarsely chopped, 1 tsp. reserved for garnish  
1 Tbs. finely grated lemon zest  
2 medium cloves garlic, finely chopped  
Kosher or sea salt and freshly ground black pepper  
1 cup plain Greek yogurt  
8 to 10 oz. skinless smoked trout fillet

### PREPARATION

1. In a 12-inch skillet, cook the green beans in the oil over medium heat until they begin to sizzle, 1 minute. Add 1 Tbs. water, cover, and steam until crisp-tender, about 4 minutes. Transfer to a large bowl and let cool to room temperature, about 15 minutes.
2. Add the cranberry beans, cucumber, olives, onion, sunflower seeds, parsley, dill, lemon juice, vinegar, marjoram, lemon zest, and garlic. Season to taste with salt and pepper and mix gently.
3. Arrange the salad on a large serving platter and top with dollops of yogurt. Crumble the trout into chunks and scatter over the top. Garnish with the reserved herbs and more black pepper and serve.

Source:

<http://www.finecooking.com/recipes/smoked-trout-summer-bean-salad.aspx>

# High protein smoothie bowl

The original recipe called for protein powder but there is little evidence showing that this is a good protein replacement for Lupus patients. Instead, we added frozen sweet cherries, a food rich in antioxidants.



Source:

<http://www.ambitiouskitchen.com/2015/03/mocha-banana-protein-smoothie-bowl/>

## INGREDIENTS

1 large frozen banana  
1/2 cup Almond Breeze Chocolate Almond Milk, plus more if necessary  
1 packet instant coffee, if desired  
1 cup spinach (if you want a superfood boost)  
1/3 cup frozen sweet cherries  
Toppings:  
Almond Butter  
Toasted Almonds  
Chia seeds  
Low-fat Granola  
Sliced Bananas  
Fresh Strawberries  
Carob chips  
Unsweetened Coconut flakes

## INSTRUCTIONS

Add all ingredients except desired toppings to a blender and blend until smooth and creamy. If necessary, add more almond milk and/or ice to reach the desired consistency. The smoothie should be fairly thick so that you can eat it with a spoon.

Pour into a bowl and top with desired toppings such as chia and granola. Serves 1.

The recipes used by Lupus Canada have been reviewed and approved by Heather Penney, Registered Dietitian.