



February – A Time to Celebrate Each Other

“At the end of the day people won’t remember what you said or did, they will remember how you made them feel.” — Maya Angelou



For many, February carries the anticipation of love and connection. In the spirit of Valentine's Day and - in certain provinces - Family Day, let us come together to celebrate the bonds that bring warmth to our hearts and help us navigate through the winter blues.

Cherishing Moments with Loved Ones

Valentine's Day, traditionally a celebration of love, extends beyond romantic relationships. It's an opportunity to express appreciation for the friends and family who stand by us through thick and thin. Use these special days to create lasting memories, forge new traditions, and most importantly, extend the same love and grace to yourself that you generously share with others.

Rare Disease Day - A Call for Support

February 29th marks Rare Disease Day, a moment to raise awareness for those battling uncommon health challenges, such as lupus. Let us acknowledge the strength of individuals facing rare diseases, honour the dedication of their caregivers and families, and come together in solidarity.

For more information visit the Rare Disease Day website: <https://www.rarediseaseday.org>.

Living well with lupus

Living with lupus can be challenging, and the winter months may intensify feelings of isolation. Remember, you are not alone. A lupus diagnosis can be life changing but doesn't have to be life limiting. Like thousands of Canadians living with this chronic disease, Heidi has been on a journey to live well with lupus so she can do the things she loves most. Lupus may be challenging, but living well with lupus is possible.



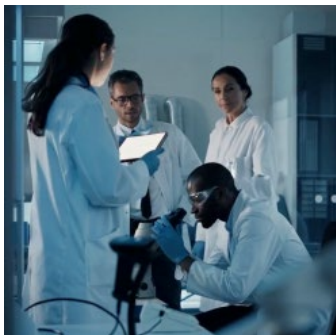
Learn more about how Heidi advocated for herself and is living well with lupus by clicking [here](#).

Together We Are Making A Difference!

Join us in making a positive impact on the lives of those impacted by lupus. Join us in building a foundation of hope, as every donation brings us one step closer to a 'Life Without Lupus'.

Unlock the Gift of Hope

LUPUS CANADA NEWS



Lupus Canada Catalyst Grant

If you have a groundbreaking idea that can make a difference, this is your opportunity!

The Catalyst Grant is here to provide crucial support and complement traditional funding sources like the Canadian Institutes for Health Research (CIHR). Let's collaborate to advance lupus research and bring positive change to the lives of those affected.

Applications are due by February 29, 2024

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WHAT'S NEW



Anifrolumab (Saphnelo)

Lupus Canada is pleased to share that Anifrolumab (Saphnelo) has been improved in a number of Provinces across Canada with hopes for more to come!

Saphnelo contains Anifrolumab, a monoclonal antibody (a type of specialized protein) that blocks the action of a group of proteins called Type I Interferons (IFN). Type I Interferons are found at high levels in people with lupus and blocking them can reduce the inflammation in your body that causes the signs and symptoms of lupus.

Saphnelo may help to reduce lupus disease activity and the number of lupus flares. If you are taking medicines called 'oral corticosteroids', using Saphnelo may also allow your healthcare professional to reduce your daily dose of the oral corticosteroids that are needed to help control your lupus.

Quebec

RAMQ has included Anifrolumab in their drug formulary update that took effect on November 8th, 2023.

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Alberta

Anifrolumab will be included on the Alberta Drug Benefit List effective December 1st, 2023.

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Veterans Health Care Benefits

Saphnelo was listed by the Veterans Health Care Benefits program as of December 15, 2023. You can find it by searching 'Saphnelo' in the VAC Program drug formulary

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Non-Insured Health Benefits

On December 22, 2023 Saphnelo was included on the Non-Insured Health Benefits (NIHB) program of Indigenous Services Canada.

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Newfoundland and Labrador

Saphnelo is listed on the Newfoundland and Labrador Prescription Drug Program effective January 24, 2024.

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New Brunswick

Effective January 22, 2024, the New Brunswick Drug Plans Formulary has listed Saphnelo for the treatment of adult patients with moderate to severe SLE.

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Ontario

Effective January 26, 2024 Saphnelo is now covered under EAP in Ontario retroactively to December 19th, 2023. For specific criteria for starting/renewing Saphnelo, we suggest patients speak with their Physicians.

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Belimumab (Benlysta)

Belimumab (Benlysta), a prescription drug used to treat adults with lupus as well as adults with lupus-related kidney inflammation (active lupus nephritis), has been included in the latest update of RAMQ's list of medications published on February 1, 2024. RAMQ's List of Medications is a regulatory list of the medications covered by Québec's basic prescription drug insurance plan.

[List of Medications](#)

[Liste Des Médicaments](#)

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WHAT'S HAPPENING IN RESEARCH?

Canadian Patient Experiences of Lupus Nephritis

A Canadian research team recently published a study exploring patient experiences of lupus nephritis. Thirty individuals with lupus nephritis participated in interviews to share their lived experiences. They described their experiences at diagnosis, in their daily lives, and related to healthcare and treatment. Results of this work will inform healthcare best practices and treatment options that target the outcomes most relevant for individuals affected by lupus nephritis.

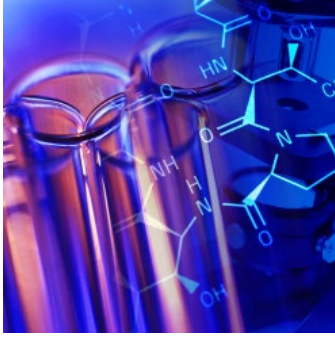
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Canadian Patient Experiences of Lupus Nephritis: a Qualitative Analysis



Dr. Susan J. Elliott, University of Waterloo, Waterloo, Ontario

Dr. Francesca S. Cordwell, University of Waterloo, Waterloo, Ontario



Different Immunologic Profiles are Associated with Distinct Clinical Phenotypes in Longitudinally Followed Systemic Lupus Erythematosus Patients

Cellular phenotyping of SLE patients reveals several distinct immunologic profiles that may help to stratify patients with regard to prognosis and treatment.

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LET'S TALK LUPUS

Lupus Corner with Mauricia Ambrose

"The chocolates, the bright red hearts and the endless teddy bears were on display by early January and my Christmas lights were still cheerfully displayed. I haven't recovered from the hustle and bustle of the festive season and here comes another. Why do we move aimlessly from one commercialized celebration to another every year? Is it because we need to feel some sense of hope for the future, or do we need to connect with others because we are social beings?

What is hope? The Merriam-Webster dictionary defines hope as "to cherish a desire with anticipation: to want something to happen or be true". Hope keeps us moving forward. It gives us the strength to take on the next day, and the next, and the next. With each difficult day, we hope the next will be better. But what if it isn't? What if the Christmas lights don't seem as bright as they used to be and there is no one or no reason to buy a Valentine's present? What do we do then?"

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RECIPE



Sweet Beet Kale and Quinoa Salad

This is a great salad to make for a crowd or to prepare ahead of time so you have healthy lunches ready to go for the week. It's filling, colourful, and a great mix of crunchy, sweet, and savoury all at the same time. If you want to add extra crunch and nutrients, throw on a handful of walnuts or pumpkin seeds. Or, serve as a side with baked fish or chicken for a well-rounded meal. Leftovers will keep best in a sealed glass container in the fridge for 3-4 days.

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COVID-19 NEWS



Guidance on an additional dose of COVID-19 vaccines in the spring for individuals at high risk of severe illness due to COVID-19

The National Advisory Committee on Immunization (NACI) is an External Advisory Body that provides the Public Health Agency of Canada (PHAC) with independent, ongoing and timely medical, scientific, and public health advice in response to questions from PHAC relating to immunization.

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Protecting Yourself from COVID-19

In a post-pandemic world, you still need to protect yourself (and others) against COVID-19

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Left Behind: Immunocompromised Canadians Living in the Shadow of COVID-19

As the world continues its return to pre-pandemic norms, many immunocompromised Canadians are still struggling to feel safe. Why aren't we doing more for those left behind?

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RESOURCES



Seven ways to cope with the winter blues

Winter blues are more common than you might think. Seasonal affective disorder (SAD) is a form of depression that people in northern climates usually experience during the fall and winter months, when there's less sunlight.

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PERSONAL STORIES

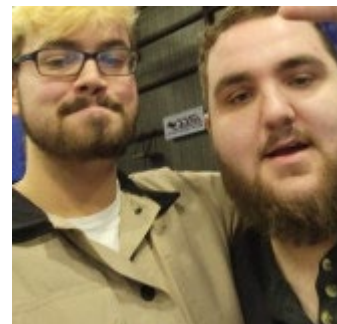
My Lupus Story with Autumn

"This is my Lupus story.

To all my autoimmune brothers and sisters out there. I know that you are struggling just to make it through the day, I feel you. My name is Autumn and Systemic Lupus lives with me. I was diagnosed with SLE in 2006, on October the 8th. I remember the Rheumatologist finally said the words (that I already knew). 'You have lupus!' It felt like an echo all around me. I do have to admit that a part of me felt relieved that finally a diagnosis after 2 years of constant blood work and doctor and specialist appointments..."



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COMMUNITY ENGAGEMENT

Creative Wanderings



Our Story

Our story for Creative Wanderings is pretty simple. I was diagnosed in 2009 with discoid lupus and a year later with Fibromyalgia. I was a fairly new employee at Canada post at the time and continued to work Fulton for another 12 years. I decided in December of 2022 that I needed to change my career. The assembly line type of work I was doing at CPC was causing my body a lot of strife.

I was struggling to keep my job. I talked with my sister and we decided to take on a new beginning together. We purchased Creative Wanderings with the intent to continue with these amazing products. Personally I have always had a desire to use natural products as much as possible. Especially with my lupus. We decided to do the campaign because I am a Lupus Warrior. And I feel I have a platform small as it is, I have this platform and I want to help others who share this struggle. I feel that if I can bring some awareness about lupus and help promote the mission of Lupus Canada that I am contributing to help with something that affects me daily but also so many others. I feel it's important to bring this disease to light and hopefully through this education and awareness we can find answers and eventually a cure.

Our Way of Giving Back

Throughout the Spring 2024, Creative Wanderings will be donating 10% from our Lupus Awareness collection until World Lupus Day, May 10th. Visit us [here](#).

We at Creative Wanderings believe in Lupus Canada and their mission. The fact we get to share our creations while doing so feels like a gift for us.





**Annual Luis Aguirre Memorial Golf Tournament at
Puslinch Lake Golf Course**

Save the Date - Saturday July 20th, 2024

Powered by: Big League Movers

In Support of: Lupus Canada

To Register your team, Sponsor or Donate contact:
jonathan@puslinchlakegolf.ca

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Working together to conquer lupus.