



## 2024 – A Year of Hope and Change

*A Message from Leanne Mielczarek  
Lupus Canada's Executive Director*

2023 was a year that brought so much hope for those impacted by lupus. With two new biologics and more on the horizon, it demonstrates the commitment to ensure lupus patients have dedicated treatments. However this doesn't go far enough.

Through our lobby days on Parliament Hill, strategic partnerships with specialists, innovative programs, and dynamic awareness campaigns, I am proud to share that Lupus Canada has significantly expanded our reach and influence and have made impactful strides in the lupus space.

We will not stop here! We will not stop advocating until dedicated lupus medicines are available to everyone, regardless of demographics.

**In 2023, with your help, Lupus Canada was able to accomplish the following:**

 Advocated for people living with lupus and their families to ensure equitable access to care and treatment by lobbying the government.

🦋 In collaboration with researchers, we presented the results of international surveys related to the sources of and trust in health information with a particular emphasis on the Canadian data in Calgary.

🦋 Funded a Catalyst Grant titled 'Interferon and Prediction of Treatment Responses in Lupus Nephritis'.

🦋 Continued to provide infrastructure funding to support the CaNIOS national registry. This registry allows for systematic description of the real-world patient journey in terms of clinical features, disease activity and progression, treatment patterns, clinical outcomes, patient reported health outcomes, and healthcare resource utilization in people with lupus from across Canada. Which allows researchers to collaborate across Canada and across the world sharing and comparing anonymized data.

🦋 Provided six post-secondary scholarships to well-deserving students living with lupus.

🦋 Offered monthly informative, interactive series of webinars and community forums for Canadians impacted by lupus (both patients and caregivers).

🦋 Raised lupus awareness and significantly increased our online media presence through various public awareness initiatives.

We are thankful for those who have committed to keep pushing the dial forward to help find new treatments for lupus and to those whose continued advocacy keeps the conversation going.

On behalf of the Board of Directors and staff at Lupus Canada I would like to personally thank our community for their support this past year. As Lupus Canada moves into 2024, we will continue to look to where we can continue to build upon our successes that will ultimately best serve the lupus community.

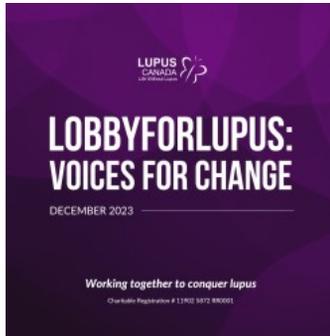
## ***Together We Are Making A Difference!***

In the spirit of new beginnings, consider making a donation today to strengthen our collective efforts. Together, let's persist in making lupus visible and fostering a future filled with hope, resilience, and shared community support.

***Unlock the Gift of Hope***



# LUPUS CANADA NEWS



## Lobby For Lupus: Voices for Change

We were a small but mighty group that landed in Ottawa on December 4, 2023 to advocate for lupus patients and their caregivers to discuss systemic progress, as well as disparities, as it relates to equitable access to care.

Lupus Canada was determined to educate key decision makers about lupus, how it impacts people living with this complex autoimmune disease and how many are unfairly faced with a choice between the extremely high cost of treatment and basic human needs, like rent or food. This should never be the case for any Canadian diagnosed and living with lupus.

[Learn More](#)

Thank you to MP Tony Van Bynen for reading our lupus statement and supporting our cause in the House on December 4th, 2023! Tony Van Bynen states, "I was proud to recognize Lupus Canada, a crucial organization in Newmarket that serves our community and creates meaningful change."

[Watch Here](#)



## LET'S TALK LUPUS

## Lupus Corner with *Mauricia Ambrose*

New Year Resolution, Hope and Cold Weather

"Burr! Why does it have to be so cold? Oh right, I live in Canada. It's January again. For some, we start the grind all over again, and for others it's a time to get started on those new year's resolutions we made on December 31st. I like to think of January as a time of renewal and hope - renewal of self and hope for the future. I can't remember the last time I made a new year's resolution. I'm not trying to say it doesn't work, I just take a different approach. I make lifestyle changes, so they stick.."

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## RECIPE



### Citrus Turmeric Smoothie

Here's an easy way to get a mega dose of whole-food vitamin C along with the anti-inflammatory goodness of turmeric. Turmeric has been shown in several studies to reduce inflammation and is also a powerful antioxidant. It gives this smoothie a refreshing zing that will make you want to make this over and over again! Cheers!

[Read More](#)

## RESOURCES

### Self-care tips to keep you happy and healthy this winter

Colder temperatures. Less light. Rain, snow. It can sometimes be difficult to stay cheery during the winter in a country like ours!

Some Canadians enjoy the season because it gives them a good excuse - if not forces them - to do something that we tend to neglect: to take time out for ourselves, and ourselves alone.

Refocusing on yourself is extremely important and should regularly be made a priority. It lets you reflect, build your self-esteem, and feel good about yourself.

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# PERSONAL STORIES

## My Lupus Story with Elizabeth B.

"Greetings everyone, a new year begins!

I am glad to have the opportunity to share my lupus journey. I was diagnosed 30 years ago. Prior to this diagnosis, I had many difficult and mysterious symptoms. As I have read and heard from others with lupus, this is not an uncommon path to treatment.

Until my early 30's my life was very active; I worked long and irregular hours, enjoyed traveling, and had a busy social life with family and friends. Then strange things happened within my body. Besides joint pain, headaches, weight loss and fatigue, my liver was in crisis. It was a frightening chapter of my life..."



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# COMMUNITY ENGAGEMENT



## Hope & Resilience

Lupus Canada thanks Elizabeth Bullerpage for creating this butterfly. Elizabeth states, "I have left her wings mainly bright, clear and full of light to symbolize energy and strength. She is moving forward, with courage and hope. In Cree culture, the butterfly is a symbol of transformation, beauty, balance, and growth. In Cree there is a saying that I love, 'AHKAMEYIMO' which means 'Keep going, don't give up, stay strong!'".



## Reflecting on 2023

Thank you to each and every one of you for tagging us in your social media posts. Here is a recap of our favourite community moments from 2023! Your posts continue to inspire, uplift, and bring hope to Canadians living with lupus.

Keep tagging us in your posts for a chance to be featured in our upcoming Social Media Highlights! Your contributions play a vital role in fostering a strong sense of community. Together, let's keep spreading hope and creating connections that make a difference.

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*Working together to conquer lupus.*