



## Welcome to our April E-Newsletter!

As spring blooms around us, it's the perfect time to embrace new beginnings and seize fresh opportunities. This month, we're focusing on health advocacy and empowerment, engaging in global health initiatives like **World Health Day on April 7th**. This year's theme, 'My health, my right', highlights the importance of access to quality health services, education, and information for everyone, everywhere. Join us in championing this cause by learning more on the official page [here](#).

**National Volunteer Week is from April 14th to 20th!** The theme for this year, 'Every Moment Matters', underscores the invaluable contributions of every volunteer in strengthening our communities. For more information on National Volunteer Week, visit [here](#). We also take a moment to thank and celebrate our dedicated Board of Directors and Ambassadors, whose commitment brings hope to Canadians living with and impacted by lupus. To learn more about the Lupus Canada Board and Ambassadors please visit [www.lupuscanada.org/about-us/our-team/](http://www.lupuscanada.org/about-us/our-team/).

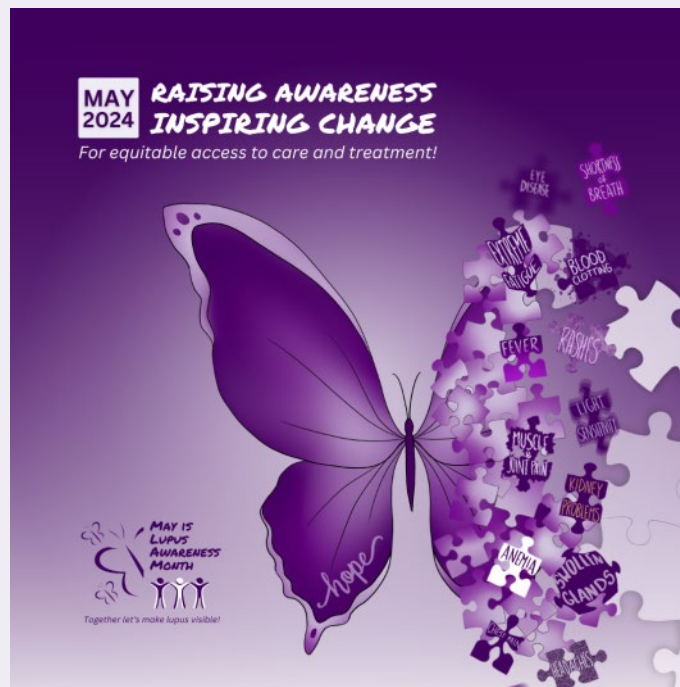
As we gear up for Lupus Awareness Month in May, we remain focused on raising awareness and inspiring change for equitable access to care and treatment. Join us in recognizing **World Lupus Day on May 10th** as part of our month-long Lupus Awareness campaign. Together, let's shine a spotlight on this often-overlooked disease and work towards greater awareness and support.

### ***Let's Stand Together for Empowerment and Advocacy!***

Together, let's take meaningful action to drive positive change.  
Let's continue fighting for equity, resources, and support for those living with lupus.

**[Donate Now](#)**

# LUPUS AWARENESS MONTH 2024



## **Raising Awareness, Inspiring Change** *For equitable access to care and treatment!*

Lupus is a chronic disease characterized by inflammation that can target any organ in the body, in any individual, at any point in their lives. The cause remains unknown and a cure does not exist. Like putting the pieces of a puzzle together, diagnosing lupus can be challenging due to its diverse symptoms. Despite its prevalence, lupus is often difficult to recognize and is frequently under-diagnosed as it often presents itself uniquely in every individual.

Healthcare across Canada differs by province, leading individuals throughout the country to have different access to treatment and different levels of care. Advocacy is needed at all government levels to adopt policies that allow affordable access to lupus treatments, care and medications. Currently, there is no comprehensive disability legislation or universal definition of disability in Canada. Typically, a condition qualifies as a disability if it significantly hinders day-to-day activities and persists over an extended period. According to this standard, only certain individuals with lupus may qualify for disability benefits. However, these programs have strict eligibility criteria and may not be feasible options for those with lupus. Prolonged wait times for specialists, delaying diagnosis and treatment, further complicate efforts to advocate for workplace support and accommodations and ultimately can increase overall costs. It is crucial to ensure all lupus patients can access necessary care without facing financial hardship.

Follow us on social media and check our website throughout April for more information regarding our Lupus Awareness Month initiatives and how you can get involved.



## **1,000 Laps for Lupus: Swimming to Raise Awareness and Funds for Lupus Canada**

Spearheaded by Isaac Hall, Lupus Canada's Youth Ambassador, & Kate Nielson, Canadian National Swimmer, we are happy to introduce:

### **1,000 Laps for Lupus: Swimming to Raise Awareness and Funds for Lupus Canada**

From May 1st to May 10th, coinciding with World Lupus Day (May 10th), Lupus Canada is launching the "1,000 Laps for Lupus" campaign with Isaac & Kate, Lupus Warriors. Isaac and Kate will be leading the charge through their personal goal to swim 100 laps each day for 10 consecutive days, totaling 1,000 laps. Through their inspiration, we hope it will inspire YOU to get involved.

### **Why 1,000 Laps?**

Often referred to as the Disease of 1,000 Faces, lupus is an autoimmune condition that manifests differently in each person it affects presenting diverse symptoms and challenges. Isaac and Kate have set their personal goal of swimming 1,000 laps to symbolize the endurance required to navigate this unpredictable illness.

Stay tuned for more information.

## Lupus Awareness Month Is Coming: What's On the Horizon?



### World Lupus Day

On May 10th, 2024 Lupus Canada will join others across the globe to recognize and celebrate World Lupus Day. World Lupus Day is sponsored by the World Lupus Federation and serves to call attention to the impact that lupus has on people around the world.



### 2024 Lupus Awareness Month Merchandise

Prepare for World Lupus Day on May 10th with Lupus Canada's exclusive merchandise! We're thrilled to introduce new socks and butterfly pins. Don't miss out – get your socks, pins, and t-shirts today to raise awareness and make lupus visible. Limited stock available, so order early by visiting [here](#).



### Canada Illuminates in Purple

Celebrate Lupus Awareness Month with us as Canada lights up in purple! We are excited to announce that landmarks across the country will be illuminated throughout May. These illuminations serve as a symbol of support for those living with lupus and our ongoing efforts to raise awareness. Stay tuned for updates on these illuminations!

## LUPUS CANADA NEWS



### Introducing the Lupus Canada – William Birchall Foundation 2024 Scholarship Program

We are honoured to partner with the William Birchall Foundation to present ten (10) Scholarships in 2024.

With the support of the William Birchall Foundation donation of \$25,000 in 2024 we have expanded our Scholarship program to ten (10) one-time scholarships of \$2,500 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution.

Our thanks to the William Birchall Foundation for their support in 2024!

[Read More](#)



## Honouring Dr. Murray B. Urowitz: A Legacy of Lupus Research

Lupus Canada is honoured to support the Dr. Murray B. Urowitz Chair in Lupus Research. For over 50 years, Dr. Murray Urowitz led the world in lupus diagnosis, treatment, research and education.

The Dr. Murray B. Urowitz Chair in Lupus Research will ensure that the tradition of international excellence in patient care, research and education is kept alive and well at Toronto Western Hospital.

With Dr. Urowitz's recent retirement, Dr. Zahi Touma will continue to build on his work to ensure that the Lupus Clinic and Program at Toronto Western Hospital will continue to flourish.

The UHN Foundation presented Lupus Canada with the Upper Canada Medal in appreciation for our ongoing support.

The Upper Canada Medal was originally created by the Loyal and Patriotic Society of Upper Canada to provide recognition of distinguished service and bravery to volunteer soldiers in the Way of 1812.



## Calling All Educators - Join The "Classroom for a Cause" Campaign!

Join us in our new lupus awareness campaign, "Classroom for a Cause"! This initiative is geared towards classrooms across Canada. Lupus is a complex autoimmune disease that affects numerous individuals worldwide, and we believe it is crucial to educate the younger generations about this condition. Classrooms can participate by drawing and sharing their butterflies. Student drawings will be showcased on May 10, 2024 – World Lupus Day.

[Read More](#)



# WHAT'S NEW

## **Anifrolumab (Saphnelo)**

Lupus Canada is thrilled to announce that Saphnelo has been listed in Nova Scotia, effective March 1, 2024. This development marks a significant step forward in lupus treatment accessibility in Canada.

Stay tuned for the public notice and listing criteria on the Nova Scotia Pharmacare Programs website when the March Bulletin is posted. Together, we're making a difference.

[Read More](#)

# WHAT'S HAPPENING IN RESEARCH

## **Positive psychological capital, post-traumatic growth, social support, and quality of life in patients with systemic lupus erythematosus: A cross-sectional study**

A new study conducted at the First Affiliated Hospital of Xinjiang Medical University from October 2022 to May 2023 found an association between the correlation between positive psychological capital, post-traumatic growth, social support, and quality of life (QOL) in patients with systemic lupus erythematosus (SLE).

[Read More](#)

# LET'S TALK LUPUS

## **Lupus Corner** *with Mauricia Ambrose*

"As a lupus patient, I believe self-advocacy is crucial to living a fulfilled life with any chronic illness. There have been many times when I felt unheard and had to advocate for myself to get the services I needed. When I lived in North York and worked downtown, I drove an hour and a half to two hours to the hospital for treatments, after work. Then I spent four hours being treated. It was exhausting. I moved to the GTA to be closer to work because the commute was too much, but I still had to drive back to North York for treatments.

Ultimately, I was still spending six to seven hours (maybe even more) after work, getting to the hospital, being treated, then driving back home, every other day. I also had my son who was very young. Babysitting costs were astronomical. I was stressed and tired all the time. "

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## RESOURCES



### Why it's important to be your own health advocate

Taking charge of your health means being your own health advocate. Dr. Patrice Lindsay shares why it's important plus some tips to help you make the most of your doctor visits.

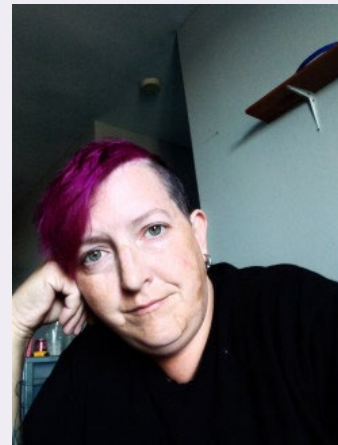
[Read More](#)

## PERSONAL STORIES

### My Lupus Story with Jolene C.

"When I was 6 and my sister was 12, our mother was diagnosed with lupus after being sick for more than a decade. Although I had been dealing with symptoms since around 2001, I was officially diagnosed with lupus in 2009. Not quite a year later I was told I also had fibromyalgia. I was a fairly new employee at Canada Post at the time and continued to work full time 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 was causing my body a lot of strife..."

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## RECIPE



### Sweet Potato and Swiss Chard Crust-Less Quiche

This recipe can really be simplified by using either leftover roasted potatoes and sautéed veggies, or by buying frozen diced sweet potatoes and pre-chopped swiss chard. Any hearty green will do, like spinach, kale, or collard greens, making it a very versatile recipe using whatever you have on hand.

[Read More](#)

# COMMUNITY ENGAGEMENT

## Creative Wanderings Lupus Awareness Fundraising Campaign

We're thrilled to be working with Creative Wanderings on their first lupus campaign, which is dedicated to raising awareness and providing education about lupus.

To support this important cause, Creative Wanderings will be offering a limited edition box set from March 27th until May 10th, 2024. For every box set sold, as well as individual bars associated with the set, they will be donating 10% of earnings to Lupus Canada.

Together, let's raise awareness, support, and hope for those impacted by lupus.

[Read More](#)



## #KickLupusOut Soccer Tournament

Register your team! May 18th, 2024 at Miller Park in West Lorne Ontario help to #KickLupusOut by coming out to raise funds for Lupus Canada. Together lets make Lupus visible and kick it out of the game!

[Read More](#)



**3rd Annual Luis Aguirre Memorial Golf  
Tournament Powered by: Big League Movers  
– SAVE THE DATE!**

To be held at Puslinch Lake Golf Course, register your team now to participate in this 2x sold out event in support of Lupus Canada.

To register your team or to get more information on how to become an event sponsor, contact: [jonathan@puslinchlakegolf.ca](mailto:jonathan@puslinchlakegolf.ca).



*Working together to conquer lupus.*

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