

FEBRUARY E-NEWSLETTER

February – a month to celebrate

February is a wonderful month in which we celebrate Family Day and Valentine's Day. Both are great opportunities to spend quality time with loved ones. This year instead of flowers or chocolates why not honour that special someone with an **In Honour** gift to Lupus Canada <http://www.lupuscanada.org/ways-to-donate/>.



Have you checked out Lupus Canada's **Lupus Canada Recipe Corner?** We worked with Registered Dietitian, Heather Penney to find healthy, nutritional and easy to make recipes. A new recipe will be available on our Facebook fan page, Twitter, Instagram and on the Lupus Canada website every other month. This month the recipe is an anti-inflammatory granola bar recipe. Why not try baking with your family this Family day?

Happy Family Day from Lupus Canada!



LUPUS CANADA UPDATE

Lupus Canada has two staff and nine volunteer Board members. Our Board members come from a variety of backgrounds, and donate their time and expertise to the organization.

We recently welcomed Shane Dungey to our Board of Directors. Shane is a Managing Director, Institutional Trading with AltaCorp Capital Inc. working in Calgary Alberta. Prior to joining AltaCorp, Shane was Vice President, Institutional Trading at Macquarie

Securities, and prior thereto, Tristone Capital Inc. since 2008. Before moving to Calgary, Shane was Head Trader and Portfolio Manager of Passive funds at AEGON Capital Management in Toronto. His volunteer commitments include Play4Kids, a non-profit organization founded by the Dungey Family that aims to improve the lives of children through PLAY . Shane holds a Hons BA in Political Science from York University. Subsequent to joining industry, he played professional hockey throughout Europe and the minors in North America.

The dedication of our Board members has been vital to our successes in 2016. In January, the Board recently met for a 2 day leadership meeting, in Toronto, to plan the year ahead. Together we are very excited about the future of Lupus Canada as we work toward our vision of **"life without lupus"**.

For more information on all our Board members please visit <http://www.lupuscanada.org/board-of-directors/>.



ADVOCACY – Identifying Key Politicians

Lupus Canada has compiled a list of key politicians of interest to reach out and discuss lupus related issues and concerns with. It is broken down by federal, provincial and territorial politicians and includes an email address. Person of interest include Ministers of Health, Parliamentary Secretaries/Assistants, critics and members of Health related committees. To view this list please visit www.lupuscanada.org/



MY LUPUS STORY by Vinita

Back in 2009, I had just finished my Master's degree and had recently gotten engaged. I was also starting a brand new job. So when I developed a stomach ulcer and a rash on my hands and arms, my friends and family—even my family doctor—chalked it up to stress. But I didn't feel stressed, I felt really happy. I was just so tired, all the time.

It wasn't until I got a rash on my face that I started looking things up online. I work in the field of health research, with access to great doctors, but I ended up doing what anyone would do: I Googled it. That's when I asked my doctor to refer me to a dermatologist.

It turns out that the butterfly-like skin rash across my cheeks and bridge of my nose was a tell-tale sign of lupus. In retrospect, I had been having symptoms for years: fatigue, rashes on my arms, and ulcers, but it took me a long time to accept my diagnosis. I didn't initially listen to my body and that only hurt me more.

Like it is for 1 in every 1,000 Canadians, I slowly had to learn to live with this complex condition. I had to teach myself to listen to my body when it told me it was time to slow down. Last year I was having a conversation and suddenly the most bizarre thing

happened—I forgot the question the person had just asked me. It was my first experience with short-term memory loss from lupus. It's one thing to be tired or sore, but losing control over the mind is different. Thankfully it's not long-term loss like dementia, but it was still terrifying.

It made me focus on what I can do to stop the most severe symptoms from coming on. It made me want to do more.

When I was first diagnosed, I felt lost and I didn't feel like I could relate to anyone. Then I heard about a position on the Board of Directors for Lupus Canada, and I knew there was something I could do about it. Do you know what the biggest change was for me? *Learning to ask for help.*

As someone who lives with this chronic disease that can target any tissue or organ of the body, I face so many unknowns from day to day. Will I have skin problems, pain in my muscles or joints—will my blood vessels, my lungs, heart or kidney be under attack today? The unknowns of this disease is why research is key. That's why I'm so excited to share with you Lupus Canada's plans to fund new research—making sure that patients come first.

Earlier this year, Lupus Canada launched its first ever research granting program—it's baby steps but it's all working towards a much bigger vision. Through this program,

researchers can apply for a start-up grant to initiate new research ideas or projects that will help them obtain larger multi-year grants in the future.

As a member of the Board of Directors with specific expertise in health research and knowledge translation, this is where I am pouring my energy. I am the bridge between research teams and lupus patients because I can speak to both sides. I am determined to help move the commitment to research forward and to see that dedicated researchers translate all that data and science into something *real*.

We need researchers to focus on what patients really need; like better treatments for pain so it's easier for me to *get out of bed and comfort my baby* when she cries in the middle of the night.

I want my daughter, Maliya, to grow up in a world where we have found a way to prevent this illness from occurring—a future in which no one has to live with the punishing symptoms that come with lupus.

RECIPE: Bruschetta



Source:

<http://relish.com/recipes/grilled-bruschetta-chicken/>

Prep 10 m Cook 8 m Ready In 33 m

Ingredients:

- 4 (5 ounce boneless skinless chicken breasts)
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves, finely minced
- 1 tablespoon spice islands Italian herb seasoning
- sea salt and black pepper
- 2 cups diced plum tomatoes
- ¼ cup diced onion
- ½ cup shredded low fat cheese
- ¼ cup finely chopped fresh basil

Directions:

1. Place chicken breasts in a large re-sealable plastic freezer bag, one at a time. Lightly pound chicken breasts to an even thickness of about 3/4-inch. Combine oil, balsamic vinegar, garlic, Italian herb seasoning, salt and pepper in a small bowl and whisk until combined. Pour half of the marinade over the chicken, reseal bag, and set aside to marinate for at least 15 minutes. (Chicken and marinade can be prepared ahead; covered and refrigerated overnight.)
2. Preheat grill to medium heat or about 350 degrees F. Combine remaining marinade with diced tomatoes and red onion; set aside. Transfer chicken from marinade onto grill surface and discard marinade. Grill chicken for 4 to 6 minutes per side or until cooked through. Transfer the chicken to a serving plate and sprinkle with shredded cheese. Spoon bruschetta mixture over chicken and top with basil; serve immediately.

Source: <http://allrecipes.com/recipe/239248/bruschetta-chicken/?internalSource=search%20result&referringContentType=search%20results>

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