



Gear Up for Lupus Awareness Month

Raising Awareness, Inspiring Change

As May unfolds, so does Lupus Awareness Month, a time dedicated to spreading awareness and advocating for change. On **May 10th we celebrate World Lupus Day**, a global initiative that sets to raise awareness and support for those impacted by lupus. Lupus Canada, dedicated to lupus research, advocacy, awareness, and education, invites you to join us in our mission to make a difference.

May is not just Lupus Awareness Month; it's also a time to honour and celebrate the significant women in our lives for Mother's Day on **May 12th**. We extend warm wishes to all those celebrating this special day with their loved ones.

Mothers often make countless sacrifices for their family, whether it's time or energy while offering encouragement and love. Show your love by honouring her this Mother's Day by making a donation in her name.

"A mother's love is the sun for growing, the moon for dreaming, the stars for guiding the way."
—Barbara Loots

As we stand together to advocate for equity and support, let's ensure that no one with lupus feels alone in their journey. Your contribution makes a difference.

[Donate Now](#)

WHAT'S NEW



EXPANDING ACCESS TO CUTTING-EDGE LUPUS TREATMENTS!

Exciting News for Lupus Awareness Month!

Anifrolumab (Saphnelo)

We're thrilled to announce that Saphnelo is now listed in Saskatchewan as of May 1st, 2024, marking a significant milestone in lupus treatment accessibility. With this addition, Saphnelo is now covered by an impressive 86% of Canadian public drug reimbursement plans, empowering more individuals with lupus to access this innovative treatment option!

For more details, visit the Saskatchewan Drug Plan website and search for 'Anifrolumab' or check out the May Saskatchewan Formulary Bulletin.

[Read More](#)

Belimumab (Benlysta)

But that's not all! We also have updates on Benlysta listings in various provinces:

Newfoundland (NL)

Alberta (AB)

Non-Insured Health Benefits (NIHB)

Ontario (ON)

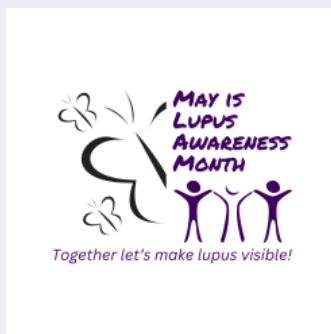
Stay tuned for more updates and let's continue making strides in lupus treatment accessibility together.

[Read More](#)

Initiatives du Mois de la sensibilisation au lupus au Québec

Le Centre ARThrite de l'Université Laval, dirigé par le Dr Paul Fortin et le Dr Éric Boilard, souligne le mois du lupus en organisant plusieurs activités de promotion à Québec. Faisant référence au papillon, symbole du lupus, le Centre ARThrite s'associe à BFly, situé aux Galeries de la Capitale, un Centre Commercial très populaire dans la région de Québec. BFly possède une volière de papillons accessible au public et permettant aux adultes comme aux enfants d'observer de superbes papillons en liberté dans un espace spécialement adapté pour eux.

[Lire La Suite](#)



Lupus Awareness Month Initiatives taking place in Quebec

The ARThrite Center of Université Laval, led by Dr. Paul Fortin and Dr. Éric Boilard, highlights Lupus Awareness Month by organizing several promotional activities in Quebec City.

Referencing the butterfly, symbol of lupus, the ARThrite Center partners with BFly, located at Galeries de la Capitale, a highly popular shopping center in the Quebec region. BFly features a butterfly aviary open to the public, allowing both adults and children to observe beautiful butterflies freely in a specially adapted space for them.

[Read More](#)



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, totalling 1,000 laps. Through their inspiration, we hope it will inspire YOU to get involved. To learn more visit www.lupuscanada.org/lupusawarenessmonthfundraisers/.

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.

Through their inspiration, we hope it will inspire YOU to get involved. If you would like to get involved please email Heather Coates, National Fundraising Development and Engagement Officer, at heather.coates@lupuscanada.org.

To support Isaac and Kate in reaching their fundraising goal, please donate today at the "1,000 Laps For Lupus" Donation page. Every contribution counts! Let's come together to make waves for lupus awareness and provide crucial support for those living with lupus.

[Donate Today](#)

Learn More about Isaac and Kate



Isaac

"Taking on the challenge of swimming 1,000 laps for lupus holds profound significance for me. Living with lupus, swimming has been more than just a sport; it has been an outlet, providing solace and strength in the face of my illness since my youth. By embarking on this endeavour, I aim to not only push my physical limits but also raise awareness about lupus..."

[Read More](#)



Kate

"Swimming has always been an outlet for me even in my darkest times. I've always set goals in swimming and it's given me something I can always strive for and push for. Because of having lupus, swimming and exercising are not something that I will ever take for granted. That is why I am taking the challenge of 1,000 laps for lupus and to raise awareness for World Lupus Day in May. Please help spread awareness and donate to Lupus Canada."

[Read More](#)

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



Activity Guide

Join us throughout the month as we create the much-needed awareness for lupus. Share these Lupus Awareness Month Public Awareness initiatives to help build awareness in your community!

[Read More](#)



Social Media Toolkit

Lupus Canada has created a social media toolkit to help amplify and promote lupus awareness. We have created social media images and captions for all platforms for you to share with your family, friends, and colleagues.

[Read more](#)



Get Involved

Wondering how you can make a difference? Here are a few ideas of how you can start your own fundraiser and a list of accessible activities so that every Canadian can participate in Lupus Awareness Month.

[Read More](#)

Canadian Provinces & Cities Pledge Support for World Lupus Day!

In honour of Lupus Awareness Month, Lupus Canada is thrilled to announce a significant step forward in lupus advocacy. Several Canadian Provinces & Cities have declared May 10th as World Lupus Day, joining in solidarity to raise awareness and support for those impacted by lupus. Through these collective efforts we journey towards greater understanding and recognition of this autoimmune disease. Stay tuned for updates and events throughout the month as we continue to spread awareness and ultimately, towards a brighter future for lupus warriors everywhere.

British Columbia

Alberta

Town of Newmarket, Ontario

Newfoundland & Labrador

Nova Scotia

New Brunswick

Saskatchewan



Canada Illuminates in Purple for Lupus Awareness

There is no better way to celebrate Lupus Awareness Month than by shining purple in Canada. Lupus Canada is pleased to announce that so far 62 Canadian landmarks will be illuminated in purple for Lupus Awareness Month.

These dates are crucial to supporting those who live with lupus, as well as, working to create more resources for those in need. It is our hope that by lighting significant landmarks throughout Canada we can create awareness for this debilitating disease. If you see a landmark illuminated in purple, please take a photo, share on social media and tag @LupusCanada.

[Read More](#)



LUPUS CANADA NEWS



Introducing Our New Board Director: Bianca Zimperi

We're thrilled to announce Bianca Zimperi as our newest Director! Bianca is from Hamilton, Ontario and is a dedicated lawyer with a special focus on Plaintiff Personal Injury and Wills and Estates. With an Honours Degree in Political Science from Wilfrid Laurier University and a law degree from the University of Sussex, she brings a wealth of academic knowledge and legal expertise to our team.

Growing up with a mother diagnosed with lupus, she understands the challenges faced by individuals and families impacted by the disease. Bianca's decision to join the Lupus Canada Board of Directors stems from her desire to honour her mother's journey and advocate for greater awareness and support for those battling lupus.

[Read More](#)

Lupus Canada Welcomes Diana Bozzo as our New Patient Ambassador

"As someone who lives with lupus, I have experienced daily challenges this disease brings, knowing how debilitating and life threatening it can be. I have decided to be a Patient Advocate with Lupus Canada as I agree with their 3 "Pillars" of advocacy, public awareness and research. I would like to help improve the lives of those living with lupus and help push this disease into the spotlight through these 3 Pillars."

To read more about Diana's lupus journey please read below under 'Personal Stories'.

[Read More](#)



RESOURCES

Accessing Mental Health Care and Services for Canadians with Systemic Lupus Erythematosus

We would like to invite you to participate in an online survey about the barriers to accessing mental health services in adults with Systemic Lupus Erythematosus (SLE). The purpose of this study is to better understand the challenges that people with SLE face when seeking mental health support.

If you choose to participate, you will be asked to complete an online questionnaire that will take approximately 15 minutes to complete. Simply scan the QR code to access the secure online survey. Please note that the survey is also available in French.



RESEARCH

Lupus Canada is pleased to announce a funding partnership with Drs. May Choi and Susan Elliot. Dr. Choi and her team seek to address the delay in the diagnosis of systemic lupus erythematosus (SLE) as an important public health concern. As SLE tends to affect young women in their prime and individuals from historically marginalized racial groups, when treatment starts late, patients are more likely to develop complications such as kidney failure, heart attacks, strokes, and even death. Prior research has shown that a lack of disease awareness and understanding contributes to diagnostic and treatment delays, and this might be worse for some patients because of their background. This project will reveal patterns in how people are searching online for information about SLE in different parts of Canada over the past twenty years. This type of historic investigation has been successfully used to look at public awareness and knowledge gaps for other types of diseases such as COVID-19 and cancer.

With this data Lupus Canada hopes to strengthen our advocacy drives to influence policy makers, researchers, physicians, and patients from across Canada to promote SLE-related awareness, education, and research with the ultimate aim to eliminate delays in the diagnosis of this debilitating disease.

LET'S TALK LUPUS

Lupus Corner with Mauricia Ambrose

What is an advocate? In the corporate world it's someone who will speak your name in a room that you aren't typically in, for example when executive hiring decisions are being made. It's not much different in this case. We need more individuals who are willing to speak up so that attitudes, policies and practices will change. Advocate | Lupus Canada. Advocacy ensures that lupus patients get the health care and support that is needed. Equitable policies and treatment can help bridge the gap.

[Read More](#)



ARTICLES



Sick and tired: Wide range of symptoms makes lupus difficult to diagnose

Georgia Lefas had been feeling exhausted for more than year.

The mornings were especially hard. It was taking Lefas, an obstetrician-gynecologist, longer to recover from her nighttime call-outs to deliver babies. The marathon runner found herself taking 20 minutes to get up and moving in the morning, something she wasn't used to.

The fatigue was overwhelming, but Lefas, 40, powered through. Being tired was part and parcel of her busy life as a medical professional and family caregiver.

Georgia Lefas was training for the Chicago Marathon last year when she was officially diagnosed with lupus...

[Read More](#)

Living With COVID-19 When The World Has Moved On

Amid COVID-19, those with autoimmune conditions face heightened anxiety and access challenges, urging support and understanding in healthcare.

People living with autoimmune conditions like Rheumatoid Arthritis and Lupus are COVID-19 fatigued like everyone else. Four years of living with the virus- the fear, uncertainty, constant changing and inconsistency of public health guidelines- has caused heightened anxiety and long-lasting trauma for our community. When you add RSV and influenza, the situation becomes even worse...

[Read More](#)



PERSONAL STORIES

My Lupus Story with Diana B.

Paralysis
Vision loss
Coma
3 month hospital stay
TTP
TIA
Low blood count
Blood clots
Painful joints and muscles

Fighting death 3 times, to name a few things I have been through and continue to battle...

[Read More](#)



RECIPE



Greek Chickpea Salad

If you're trying to get your kids to eat salads, try this one! It's lettuce-free, making it easier for kids to chew, and the basic ingredients are things most kids seem to like. It's delicious as is, but you could certainly kick it up by adding sundried tomatoes, chili flakes, and/or some fresh basil. Enjoy!

[Read More](#)

COMMUNITY ENGAGEMENT



Lupus Awareness Month Fundraisers

Lupus Canada welcomes and encourages the support of individuals and companies who wish to support our national mission through their own fundraising initiatives. We would also like to spotlight the fundraisers occurring throughout May and extend our thanks to the individuals, communities, media and celebrities that are making a difference this Lupus Awareness Month.

Do you have a fundraiser you would like Lupus Canada to spotlight? Send your information to info@lupuscanada.org.

[Read More](#)



Working together to conquer lupus.

PO Box 8 LCD 1, Newmarket, ON L3Y 4W3
info@lupuscanada.org
Toll Free: 1-800-661-1468
www.lupuscanada.org

