

LET'S TALK LUPUS

August Monthly E-Newsletter



HOPE
life without lupus



Today marks the beginning of a new month! Lupus Canada hopes that everyone has a fulfilled and happy August. Be sure to take time to appreciate your friends and family on these celebratory days:

August 3rd is International Friendship Day! On this day we encourage everyone to take time to appreciate the wonderful friendships they have in their life and appreciate all that their friends do to support them. We also want you to take time to appreciate the friend you are.

August 12th is International Youth Day, a day dedicated to the role youth play in bringing change to global issues and raising awareness of the challenges and problems facing the world's youth. For more information please visit <https://www.un.org/development/desa/youth/>.

Lupus Canada recognizes that it is important to engage the youth demographic living with or impacted by lupus across Canada. If you are or know a youth who lives with lupus who would like to become more involved in the lupus community or engage with other youth experiencing similar journeys please contact Lupus Canada by emailing info@lupuscanada.org.

Lupus Canada would like to thank our donors for your continued support. With the development of online fundraising tools, such as Facebook Fundraisers, Tiltify, Instagram Fundraisers and JustGiving, we have been able to accomplish so much together!

Our communities thoughtful contributions helps support research, public awareness, advocacy and education for people living with lupus and their families.

Let's continue to work together to make lupus visible.

To learn more about how to donate please visit <https://www.lupuscanada.org/get-involved/ways-to-donate/>



Special shout out to the Luis Aguirre Memorial Golf Tournament for raising \$2,500 for Lupus Canada!

DONATE NOW
your gift makes a difference

A banner for "LUPUS CANADA NEWS". On the left, there are three small portrait photos of people. The main text reads "Lupus Canada is pleased to present the **Let's Talk Lupus Disease Awareness Webinars**". To the right is the Lupus Canada logo. Below the main text, it says "An informative and interactive series of webinars for all Canadians impacted by lupus. Each month we will offer a new topic. To learn more about our upcoming webinars please visit <https://www.lupuscanada.org/resources/disease-awareness-webinars/>". At the bottom left, it says "Sponsored by AstraZeneca" with the AstraZeneca logo.

Let's Talk Lupus - Disease Awareness Webinar

On July 24th 2022 at 7:00 pm (EST) Lupus Canada was joined by Ms. Betts, Co-Founder and CEO of the Greenleaf Medical Clinic (est. 2011) and Tanya Adams, Cannabis Care Coordinator and Advisor of Greenleaf Medical Clinic who discussed cannabis and lupus. Thank you both for providing an educational and resourceful presentation for those impacted by lupus.

To watch the recording please visit <https://www.lupuscanada.org/resources/disease-awareness-webinars/>

COVID-19 NEWS

Immune-compromised Canadians and COVID-19 – Patient-Oriented Resources

To learn more please visit <https://www.lupuscanada.org/news/covid-19/?fbclid=IwAR2W08FzXwR2PAT029yjivwiqFNpESCB3eTkJI-REqLCdda3mMqhzO6yhHg>

Immune-Compromised Canadians and COVID-19

Factors That Might Make Someone Immune-Compromised

- Blood cancers
- Active chemotherapy
- Dialysis
- Transplant
- Immunosuppressants for autoimmune conditions

Understanding Immunity

Immunity to a disease happens through the presence of antibodies to that disease in a person's immune system. Active immunity develops in response to an infection or vaccination. Passive immunity is provided when you are given antibodies instead of your own immune system producing them.

Active Immunity

- Natural immunity is when your body makes antibodies after exposure to an infection.
- Vaccine-induced immunity is when your body makes antibodies in response to a vaccine.

Passive Immunity

- Antibodies transmitted from mother to baby (e.g., via mother's milk).
- Antibodies given through medications or antibody-containing blood products.

Remain Vigilant

- Practice hand hygiene
- Wear a mask
- Practice social distancing (6m)

What Options Are Available for the Immune-Compromised Community?

COVID-19 prevention and treatment tools can be used at different times and with different populations.

| Prevention | Positive COVID-19 Test | Treatment |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vaccines | | Antivirals |
| Vaccines are the primary option for preventing COVID-19. They work by causing the body to produce its own protection (antibodies) against the SARS-CoV-2 virus that causes the COVID-19 infection. ^{1,2,3,4,5,7} | | Antivirals are drugs that stop the virus multiplying, which can help the body to overcome the infection and may help a person get better faster. ¹⁰ |
| Monoclonal Antibodies | | Monoclonal Antibodies |
| Monoclonal antibodies are proteins that work to prevent the SARS-CoV-2 virus from infecting healthy cells in the body, which can help prevent getting COVID-19 illness. ^{8,9,11} They are not a substitute for vaccination in individuals for whom COVID-19 vaccination is recommended. | | Monoclonal antibodies are proteins that work by attaching to specific targets on the virus, the cells causing infection, preventing the virus from spreading and infecting the cells within your body. ^{8,11} This helps reduce the risk of the infection getting worse and/or reduce the risk of hospitalization. |

Like all medical interventions, both prevention and treatment options may cause side effects and may not be suitable for all individuals. Side effects can be different for each person, for different medicines and types of treatment.

To learn more, please visit [Canada.ca](https://www.canada.ca) or speak with your healthcare practitioner about prevention and treatment options for immune-compromised patients.

[Learn More](#)

References available here.

Sponsored by a research-based pharmaceutical company.

Lupus and the COVID vaccine

Source: *Christine A. Peschken MD MSc FRCPC, Professor of Medicine and Community Health Sciences, Rady Faculty of Health Sciences, Head, Section of Rheumatology, University of Manitoba Chair, Canadian Network for Improved Outcomes in Systemic Lupus Erythematosus*

We know that the BA.4 and BA.5 are starting to circulate in Canada. These variants are even more contagious than previous omicron variants, and as a result, some regions of Canada are already seeing another wave. While it is unclear how effective a booster with the current vaccines will work against these variants, it is expected that they will still provide protection against severe disease.

The National Advisory Committee on Immunization (NACI) recommends an interval of 3-6 months from the last dose of COVID-19 vaccine, based on several factors, including maximizing vaccine effectiveness and minimizing health risks. Some people with lupus have extra risks like immunosuppressive medications, or heart or lung disease, etc. For people with extra risks, especially if someone lives in an area with increasing COVID, or has a high risk of exposure to COVID, a 4th dose should be considered, especially if 6 or more months from the last dose.

A new vaccine that is likely more effective against Omicron subvariants is currently being reviewed by Health Canada and could be authorized for use before fall. Receiving a booster dose now could delay being eligible to receive the new vaccine because of NACI's recommended minimum interval of 3-6 months between doses. BUT, we do not know for sure when or if the new vaccine will become available, how effective it will be, how much vaccine stock Canada will get and what the roll out will look like (who will be eligible first). So if choosing to delay a booster, in the hopes of getting the new vaccine, it may be wise to reassess frequently to see if there have been any changes in either COVID levels or updates on availability of the new vaccine.

It is recommended to wait 3 months after a COVID infection before getting a booster.

For more COVID information please visit <https://www.lupuscanada.org/news/covid-19/?fbclid=IwAR2W08FzXwR2PAT029yjivwiqFNpESCB3eTkJI-REqLCdda3mMqhzO6yhHg>

MY LUPUS STORY



My Lupus Journey with Isaac

Hello all, I hope you are well. After attending McGill university for my first year, it was certainly a wonderful experience that built my independence and allowed me to gain perspective on what it is like to truly live with lupus, alone. With a very intense course load, it became more difficult to remember necessary steps throughout my day to make sure my lupus was managed such as taking my medications at the right time or using appropriate sun protection. However, after some time, with the added stress and a busy daily schedule, I learned to value the importance of taking care of myself to a higher degree since I wouldn't be able to enjoy the full university experience without doing so. It took more organization, discipline, and effort, but ultimately its worth it. With minimal health concerns, I was able to thrive as my other peers did. I wish the same for all of you in university, on your way to university, or during whatever you are pursuing in life. All the best!

QUOTATION OF THE MONTH

HOPE
life without lupus

"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own."

— MICHELLE OBAMA

ARTICLES & RESOURCES

"Research shows that many people with lupus may lack awareness or understanding of biologic therapies, or 'biologics' – treatments that use substances made from living organisms like proteins and antibodies, versus conventional drugs, which are chemically made" - Lupus Foundation of America

To read more about Biologics please visit
<https://www.lupus.org/news/when-it-comes-to-biologics-researchers-find-patient-education-is-needed>

**DID YOU
KNOW ?**

LUPUS
CANADA
LA LUPUS CANADA

THE IMPORTANCE OF FRIENDSHIP

Friendships are a crucial part of living a fulfilling life.

As we move through life, we find that there are many things out of our control. We can't choose our parents, our genetics, or control the things that happen in the world around us. One thing that we can control is who our friends are, and this decision can either make our lives so much richer and beautiful, or more stressful and disappointing. Today we'll focus on how to choose friends who enrich our lives and make them more beautiful.

Why friends are so important

Having solid friendships is important for two main reasons. First, they make life more enjoyable. We get to share the beautiful aspects of life with people who we love, which can enrich our everyday experiences. Second, our friends help us through the difficult times. Having friends to support us through hard times can make unimaginably difficult situations seem more tolerable.

The most beautiful part about pouring our time and energy into friendships is that not only do friends help enrich our lives, but we enrich theirs too! Friendships get us through the tough times in life, make things more fun and enjoyable, and all-around make our lives better. I urge you to take stock of your friendships and ask yourself if your current friends people build you up and support you, or is the friendship more one-sided?

As we explore friendships today, these are also inclusive of our partners. I believe that the foundation for any healthy relationship is friendship. So it's important to group our romantic partners into this conversation too.

So, where do we find friends? This might sound silly, but finding friends can be challenging! When I first moved to California for my Ph.D., I didn't have any friends out here. There were quite a few people in my program that I enjoyed spending time with. But, towards the end of school, they became very busy and were no longer able to dedicate time to hang out anymore. Thankfully, through the help of a very good therapist, I learned that it was important to enjoy life instead of striving for excellence all of the time. As a result, I learned how important it was to carve out time in my life for friends.

Unfortunately, the people I had dedicated time to thus far were achievement-oriented and were pouring their time into work and not our friendships. This forced me to seek out other ways to form connections with people. I ended up finding a local hiking group with the hopes of meeting people with similar interests. During one of these hikes, I met Jim, one of my best friends to this day.

We became instant friends. We have continued to support each other over the years, and even more importantly, we always make time for one another. We both view the friendship as one that makes each other's lives better, therefore it's always worth the time and energy. The backbone of any successful friendship is one where both sides put in equal effort and support.

Both Jim and I were forced to put in more effort when he moved across the country to the East Coast. Because we already had such a strong foundation, this didn't impact our

friendship. We talk all of the time and see each other several times a year. We make the relationship a priority no matter what coast each other is on. Like anything in life that is valuable to us, we must work at it and put time and effort into it.

When it's time to move on from a friendship

The second part of the friendship discussion can be a difficult one — reassessing your current friendships and potentially moving on from friends who don't add value to your life.

Two of my best friends from high school went down different paths from me. We still keep in contact, but I don't spend too much time with them anymore. The supporting, loving part of our relationship wasn't there anymore, so it was no longer worth putting energy into maintaining a friendship that had changed so much.

This may be a story you can relate to. What I hope you take away from this post is this — friendships take energy, time, and commitment. And if you're putting your time and energy into someone who isn't enriching your life and giving you the support you need, it may be time to reevaluate that friendship.

If you find yourself in the market for friends (who isn't?) I recommend you find groups or activities that you genuinely enjoy. This way you'll have the opportunity to connect with people who have similar interests. And once you're there, take a risk! Talk to people, exchange contact information, and follow up with them. It may feel scary at first, but the reward outweighs the momentary uncomfortable feeling you may have.

Friendship and dating

In many ways, the most important friendship in our lives is the one we have with our romantic partners. The first criteria we should look for in this partner is someone who is ultimately a good friend to us, meaning that they are kind, positive, loving, and supportive. If we're dating someone and they're a jerk, it's probably safe to assume that they're not a good friend. To avoid this, I recommend seeking out someone who is a good friend first, i.e. before the romance and sexual stuff gets in the way.

When there are bumps in a friendship or a romantic relationship, it's important to work through those tough times. The tricky part is that it will take two people to fix that issue. We can only control our actions and hold ourselves accountable, but we cannot control our friend or our partner's reaction. In addition to our own actions, we have control over the friends or partners that we choose in the first place. If we prioritize choosing good people who we can trust will work through issues with us, then we can work through anything.

Friendships are a crucial part of living a fulfilling life. It's so important that we surround ourselves with people who we have fun with, who support us, and people who make us better. You may already have beautiful friendships in your life, but if you're still in the market for friends, it's never too late to cultivate new relationships that will make your life even more magnificent.

Source: <https://www.psychologytoday.com/ca/blog/meditation-modern-life/202107/the-importance-friendship>



GUIDE FOR GOAL SETTING

We often want to make changes in our life, but we sometimes don't know where to start. Goal setting can help you to identify where you want to go and the steps needed to get there.

How To Do It

STEP 1. Identify your goals

Take some time to think about the things that you would either like to do or that you want to change in your life. Try to identify some short-term goals (for example, things you would like to work on over the next couple of weeks or months), medium-term goals (for example, things you would like to be able to do in six months or a year from now) and long-term goals (for example, things you are hoping to accomplish in your life-time). Goals can be related to a variety of life areas such as:

- Relationships (Friends and Family) Career/School
- Finances
- Health
- Lifestyle
- Personal Development

TIP: People who suffer from anxiety problems will often limit their lives because of anxiety. When trying to think of your goals, imagine a life without anxiety. What would you like to be able to do? You can use goal setting as a way to help you practise your tools for managing anxiety, or to move forward with your life as your anxiety becomes more manageable. Goals should be:

1. Realistic

Make sure that your goals are realistic and attainable. If you set your goals too high, it will be too difficult to accomplish them and your motivation will drop.

- For example, if you have never worked out, expecting yourself to go to the gym for an hour four times a week is **unrealistic**. A more realistic goal would be to go to the gym once a week for 20 minutes. Your long-term goal may be to go to the gym four times a week, but you need to start with smaller goals and work your way up to the long-term goal.
- **TIP:** People often have goals about never feeling anxious or making mistakes. However, these goals are unrealistic because it is normal to feel anxious, and everyone makes mistakes sometimes

2. Concrete and Specific

You are far more likely to accomplish your goals if you make them concrete and specific rather than vague. If goals are too vague, it will be difficult to determine what steps you need to take to accomplish them. If your goals are specific, it will be easier to know when your goals have been met.

- For example, "exercise more" is not a very good goal, because it is too vague. How will you know when you are exercising enough? How often do you want to exercise? For how long? "Exercise two times a week for 30 minutes" is a better goal because it is more specific - you will know exactly when you have completed it successfully.

Poor examples of goals

- Eat Better
- Go back to school
- Meet new people
- Save money
- Travel

- Be less anxious
- Practise exposure exercises

Good examples of goals

- Eat at least one piece of fruit each day
- Take a writing course at the community college in September
- Sign up for a hiking course and have a conversation with a new person on every hike
- Put \$100 in my savings account each month Go on a trip to Paris for my 40th birthday Practise relaxation exercises once a day Complete exposure exercises weekdays between 7 and 9 pm

KEY: Write down your goals! You are more likely to stay on top of your goals if you have made a list of them.

STEP 2. Break goals into smaller steps

Many goals can be broken down into smaller steps. This is especially true of medium and long-term goals. For example, if your goal is to develop some friendships at work, an initial goal may be to ask two co-workers about their weekend plans on Friday afternoon. If your goal is to find a new job, a smaller goal may be to check the classified ads in the newspaper on Saturday.

STEP 3. Identify obstacles

Once you have established a realistic and concrete goal, identify any obstacles that may be standing in the way of accomplishing your goal. For example, one of the obstacles for going to the gym may be finding childcare. So, if you have set a goal of going to the gym for 30 minutes after work on Wednesday, you will have to arrange for a babysitter.

STEP 4. Schedule your goals

You are more likely to complete your goals if you are clear about what you are going to do and when you plan to do it.

- For example, your goal may be to practise relaxation exercises for 15 minutes on Saturday morning around 10 a.m.
- Use a day planner or calendar to help you remember to complete your goals.

TIP: It is important to be flexible. Sometimes things can get in the way of accomplishing your goals (for example, there is a rain storm on the day you wanted to go for a hike, or your son comes home sick from school the morning you were planning to practise driving). Be willing to come up with an alternative plan (e.g., go for a walk in an indoor mall or re-schedule your driving session for the next day).

STEP 5. Carry out your goals

Now that you have picked a goal, you need to start taking the necessary steps to follow through with it. However, it can be hard to get started. In addition to writing down your goal (e.g., work out at the gym for 30 minutes after work on Wednesday), you can write out the steps that you will need to take to complete it (for example, call babysitter on Monday to arrange for her to pick up the kids after school on Wednesday, pack gym clothes on Tuesday evening, take gym clothes to work on Wednesday morning, head straight to the gym after work on Wednesday). You are more likely to take the steps needed to achieve your goal if you write them down first.

- The key to achieving your goals is to just DO IT! Don't wait for the motivation to come before you act; take action, and motivation will follow. For example, you may not feel motivated to start exercising, but once you have done it a few times you will start to feel more motivated to do it again

If you were able to accomplish your goal, **reward** yourself.

- It's not easy to accomplish goals. So, it's important to reward yourself when you do it.
- It may be helpful to use specific rewards as your motivation to achieve a goal. For example, plan to purchase a special gift for yourself (DVD, CD, book, treat) or engage in a fun activity (rent a movie, go to the movies, go out for lunch or dinner, plan a relaxing evening, watch your favorite television program) after you reach a goal.
- Don't forget the power of positive self-talk (e.g., "I did it!").

If you had trouble completing your goal you may need to **revise** it.

- Take a step back and see what got in the way. Retrace the steps for goal setting listed above.
- Make sure your goal is realistic. If you set the goal too high, try to scale it back.
- Make sure your goal is concrete and specific. If it was too vague, it may have been difficult to tell if you completed it.
- Try to schedule your goal, because this will increase your chances of accomplishing it.
- Find ways to get around obstacles.
- Write down the steps that you need to take to accomplish your goal.

Tip: As you complete goals, check them off your list. This can be a helpful reminder of all that you have accomplished so far.

Helpful Hints:

- **Start Small.** Making small changes can have a big impact on your life. Don't try to do everything all at once. Instead, pick one or two goals to work on at a time.
- **Be Patient.** It can take time to meet goals, especially long-term goals. Hang in there and stick with it!
- **Don't think in "all or nothing" terms.** No one completes all of their goals all of the time. You have not failed if you don't accomplish all of your goals. Praise yourself for the goals you were able to meet and come up with a new plan for accomplishing the goals that you were unable to complete.

Source: <https://www.anxietycanada.com/sites/default/files/GoalSetting.pdf>

RECIPES



Mediterranean Chopped Salad

INGREDIENTS

GREEK VINAIGRETTE:

- 5 TABLESPOONS APPLE CIDER VINEGAR
- 1 LEMON, JUICE OF
- 2 – 3 TEASPOONS DIJON
- 1/2 TEASPOON DRIED OREGANO



CHOPPED SALAD:

- 2 HEADS OF ROMAINE, CHOPPED
- 1 CAN (14OZ) CHICKPEAS, DRAINED AND RINSED
- 1 CUCUMBER, DICED
- 1 CUP CHERRY TOMATOES, SLICED IN HALF
- 1/2 CUP KALAMATA OLIVES, PITTED (USE WHOLE OR SLICED)
- 1/4 RED ONION, THINLY SLICED
- VEGAN FETA, CRUMBLED (I USED VIOLIFE)
- 1/4 CUP FRESH PARSLEY, CHOPPED (OPTIONAL)
- SALT + PEPPER, TO TASTE

DIRECTIONS

In a large serving bowl, or individual serving bowls, layer the romaine, top with chickpeas, cucumber, olives, tomatoes, and red onion, and vegan feta.

Drizzle dressing overtop and sprinkle with salt and pepper.

Serve with optional sliced avocado and chopped parsley.

Serves 2 – 4

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

Source: <https://simple-veganista.com/mediterranean-chopped-salad/#tasty-recipes-41217-jump-target>

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