

LET'S TALK LUPUS

January Monthly E-Newsletter



HOPE
life without lupus



2022 - A year of hope, health and happiness

As we look back on the past year Lupus Canada is thankful for those who have committed to keeping our communities safe and for those who assisted us in making it a memorable year amid all the uncertainties of 2021.

A new year provides the opportunity to reflect and celebrate accomplishments. One thing we have learned is to celebrate all accomplishments, no matter how small or big.

Lupus Canada would like to thank our community for their support over the past 12 months through initiatives like Giving Tuesday, where together we more than doubled our goal. The funds raised will help support our various initiatives in support of those living with lupus in Canada.

With the help of our loyal supporters we will continue to make a difference for Canadians impacted by lupus. In 2021, with your help Lupus Canada was able to accomplish the following:

- ***Funded a Catalyst Grant to exam cognitive dysfunction and fatigue in systemic lupus erythematosus***
- ***Advocated for people living with lupus and their families to support more government funded lupus medications***
- ***Provided 6 Post-Secondary scholarships to students living with lupus***
- ***Offered monthly informative and interactive series of webinars for all Canadians impacted by lupus***
- ***Through public awareness initiatives we were able to raise lupus awareness and significantly increase our online media presence***

We look forward to continuing to bring even more value to our community and subscribers by continuing to build on our initiatives to creating a "Life Without Lupus".

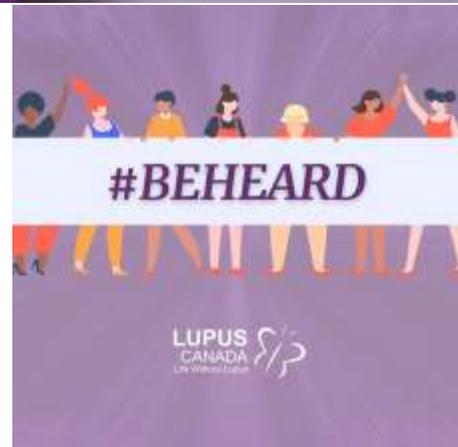
On behalf of the Board of Directors and Staff at Lupus Canada, thank you for your continued support. We look forward to 2022 with great hope and immense gratitude!

DONATE NOW
your gift makes a difference



2022 - A Year to Empower and #BeHeard!

Lupus Canada is excited to announce that in 2022 we will be focusing on empowering the lupus patient's voice and ensuring that our lupus community's needs and wants are heard. To Lupus Canada, empowering lupus patients means providing resources and programs to allow those impacted by lupus an opportunity to educate themselves on this debilitating disease so that they can best advocate for themselves or loved ones living with lupus. By raising our voices together we hope to create a better society for those living with lupus.



The Disease of 1000 Faces Campaign

As part of our ongoing #HealthyLivingWithLupus campaign Lupus Canada continues to gather 1,000 photographs of people living with lupus around the world to raise lupus awareness. Lupus is known as the "Disease of a Thousand Faces" due to its wide-ranging symptoms and ability to mimic other diseases. Help Lupus Canada and join the movement by taking a picture of yourself so we can showcase the many faces of lupus and email info@lupuscanada.org or tag Lupus Canada on social media!

It is easy to compare your health and body to others but remember that living a healthy lifestyle is about YOU and your journey. By gathering 1,000 pictures of people living with this complex disease, Lupus Canada wants to showcase that healthy living is different for each body.

Help Lupus Canada and join the movement by sending your photos to info@lupuscanada.org or tag Lupus Canada on social media.



LUPUS CANADA'S *Disease of 1000 Faces*



Spotlight on Individual Fundraisers for Lupus Canada!

Lupus Canada would like to thank Lori T. who held a fundraiser in support of those living with lupus. Lori crafted handmade towels to help raise awareness for lupus. Lupus Canada appreciates all those who help create awareness for this debilitating disease by organizing fundraisers within their community.

Lupus Canada welcomes and encourages individuals and companies who wish to support our National mission through their own initiatives. Thank you again Lori for making a difference within the lupus community.

I'm The Biggest Helper With Momma's Autoimmune Disease by Heather Foisy

Lupus Canada is excited to share Heather Foisy's lupus journey and what inspired her to write "I'm The Biggest Helper With Momma`s Autoimmune Disease". Heather is donating \$5 to Lupus Canada from every book purchased.

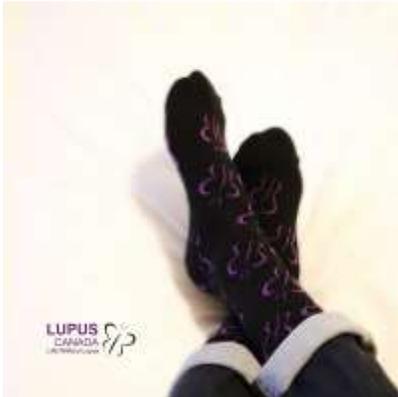
In 2017, Heather was diagnosed with lupus, a systemic autoimmune disease, at the age of 32. Since then, Heather has reduced her work hours to spend time healing. Heather enjoys giving back to the communities that support people affected by autoimmune disease and chronic illness. She has done so by starting a website and blog (PhoenixSoulWarrior.com) dedicated to educating and empowering lupus and Sjögren's patients, and writing *I'm The Biggest Helper With Momma's Autoimmune Disease*.



To purchase your copy of *I'm The Biggest Helper With Momma's Autoimmune Disease* and support those living with lupus please visit <https://etsy.me/32sq7j0>.

Lupus Canada thanks Heather for her altruism and dedication to creating lupus awareness.

Lupus Canada Merchandise



Step into 2022 with some exciting lupus butterfly socks! Each black pair is embroidered with the purple lupus butterfly. Help spread awareness while keeping your feet cozy this winter season.

For more information on how you can purchase a pair of lupus branded socks please visit <https://lupuscanada.org/merchandise/>

ARTICLES

11 WAYS TO STAY ACTIVE IN WINTER

The excuses you make to yourself over the next few months may range from, "It's too cold to work out!" to "I'm too busy for activity!" Yes, it can be tough to get motivated when the wind is howling or the snow is blowing, but don't give up all thoughts of staying active – indoors or out. A little planning will help you get through the winter months ahead. Here are some ideas:

Find a fun activity

As the seasons change, explore new outdoor activities such as cross-country skiing and snowshoeing.

Insulate your body

The best approach to dressing for outdoor activity is with layers. Layering provides the most effective way to stay warm and dry. Plus you can remove the top layer if you get too hot. The layer closest to your skin should allow moisture to be wicked away; avoid cotton because once it gets wet, it tends to stay wet. The top layer should be both wind- and water-resistant.

Keep your clothes on

While you may be tempted to immediately remove layers when you go back inside, give your body time to adjust. If you are not wet, wait 10 to 15 minutes before changing into other clothes. If you lose heat from your body too quickly, you may experience post-exercise hypothermia, which is a result of the body reducing its production of heat while rapidly losing its existing heat stores.

Drink up

It's just as important to stay hydrated when active in winter as it is in summer, even though you might not feel as thirsty. Drink water before, during and after an outdoor workout. Smart tip: carry a thermos with herbal tea.

Use daylight hours

If possible, it's best to be active outdoors while it is still light out. But shorter days may make that difficult. If you choose to work out while it's dark, try to wear reflective materials on your clothing to stay safe.

Walk at an indoor location, like a mall

If you need extra motivation to get yourself going, join a walking group. Or start your own with family and friends.

Sign up for activities at your local community centre

Choose from a wide variety of classes – from aerobics and badminton to basketball and yoga. If you're undergoing economic hardships, ask for a fee reduction.

Create a home gym

You can easily set up a great workout area in your living room or basement and buy some inexpensive equipment such as stretch bands and a stability ball.

Climb stairs

Either at home or in your workplace, spend as little as five minutes at a time climbing up and down the stairs for a very intense and efficient workout.

Get wet

Find a local indoor pool. Try swimming, water aerobics, or even just walking or running laps in the water.

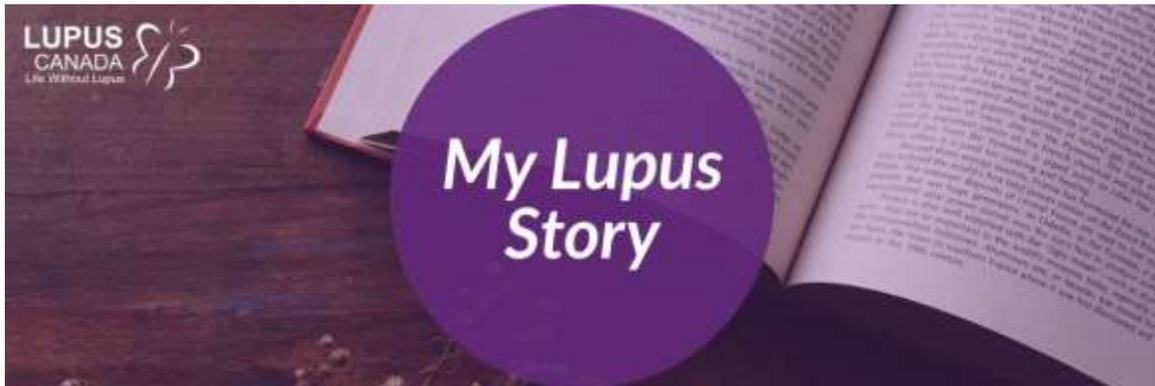
Visit a library

Sign out free exercise DVDs, including dance, step, aerobics and pilates programs. When returning a DVD, choose another kind of exercise to keep you motivated.

Before starting any activity program, be sure to talk to your doctor or other healthcare professional and protect yourself from sun exposure by wearing appropriate clothing and sunscreen.

****Remember to follow COVID-19 protocols as outlined within your Province.***

Source: <https://www.heartandstroke.ca/articles/11-ways-to-stay-active-in-winter>



Gregory Murray's Lupus Story

I was diagnosed with lupus in November of 2018 after a 10 month battle with Pericarditis and increasing other symptoms as the months from January to November progressed. I was referred to Rheumatology by my cardiology team because I was not responding to my treatment for Pericarditis and upon my first visit she confirmed that I met 3 of the 11 criteria for SLE and starting treatment was warranted. A few weeks later it was discovered that my liver enzymes were quite elevated, which added to the list to make 4/11 criteria. At the time, I was diagnosed with slightly high ANA, slightly high AntiDNA, Pericarditis, a persistent and lasting sore throat, and the liver enzymes. Since then my Pericarditis has developed into Serositis and I also have fatigue, brain fog, tinnitus, sensitivity to sound, irritability, mental health issues, sneezing causes intense numbing pain, and random burning



sensations throughout my body, but thankfully my liver enzymes have dropped and have stayed normal for a few years.

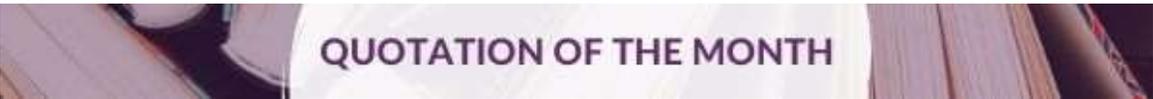
Because I still struggle so much with Pericarditis, and because one of my medications that does the most to control it can cause hematological issues after long term use, my cardiologist is considering having a pericardiectomy done. That is, where a surgeon performs open heart surgery to remove the pericardial sac that surrounds the heart. A stressful procedure to be considering and I hope it's found to be unnecessary.

Lupus has left me with the inability to work more than a few hours every few days so I've had to drop back from my career, leaving my wife to pick up work to support our little family. As tough as it is, I am thankful as this has given me a lot of time I previously didn't have to spend with my two young daughters and also to explore my photography hobby, mainly astrophotography and snowflake photography. I can also explore other areas of knowledge and I am teaching myself how to write Python 3 computer code. So, as much as lupus has taken away, I have also gained so much that I'd never have had the time to do.

The experience so far has taught me empathy and that advocacy for others with debilitating chronic illnesses is a worthwhile cause. It has taught me to better pace myself, to listen to my body, eat healthier, and that if I notice myself getting irritated and flustered, that it's a sign I am triggering a stress induced immune response and need to take some quiet alone time.

Dealing with lupus, especially during a global pandemic, is very taxing on one's mental health and is sometimes difficult to cope with, but it's not impossible. Find and hold onto something that you can do that releases the stress; a hobby, going for a walk, exploring nature, quiet music, family; all these things make the fight worthwhile. As mentioned, I enjoy photographing snowflakes, something that started prior to lupus. Finding the sheer beauty in the snow and cold weather changed my whole outlook on the winter season; instead of dreading it, I now embrace it and look for the beauty in the cool hardships. That beauty can be difficult to see, and requires the aid of a special camera lens, but it is still there.

Our lupus journey is much the same.



QUOTATION OF THE MONTH



**"Learn from
yesterday, live for
today, hope for
tomorrow."
-Albert Einstein**



RECIPES



Beef Stir Fry

SERVES: 4

Ingredients

- 1 pound of stir-fry beef (preferably organic), cut into strips
- 1 tbsp olive oil
- 1 cup snow peas
- 1 cup of broccoli, chopped
- 2 carrots, chopped into batons
- 2 garlic cloves, minced
- 1 medium onion, sliced
- 1/2 tsp Dijon mustard
- 1 tsp honey
- 1 tsp tamari sauce

Directions

- 1** In a large skillet or wok, heat the olive oil over medium heat. Gently fry the garlic and onion until it starts to colour.
- 2** Add beef and fry for five minutes.
- 3** Add in the vegetables and continue to fry while stirring, adding in the honey, mustard, and tamari.
- 4** Cook until the vegetables are lightly cooked but still have a little crunch.



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

Source: <https://lupusnewstoday.com/social-clips/2016/10/10/seven-recipes-for-lupus->

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