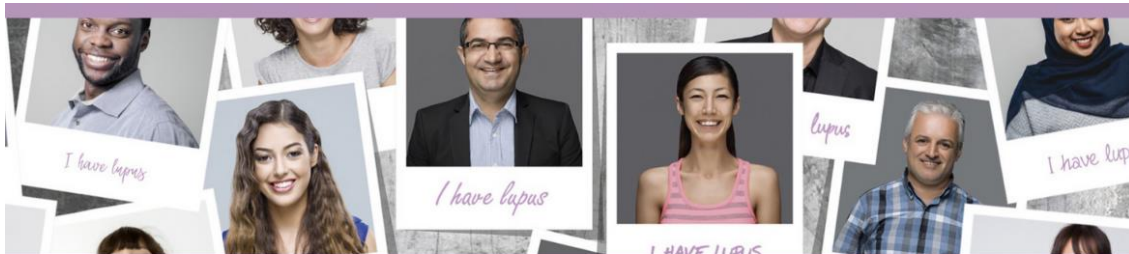


LET'S TALK LUPUS

June Monthly E-Newsletter

LUPUS
CANADA
Life Without Lupus



HOPE
life without lupus

#MAKELUPUSVISIBLE

Thank you to everyone who recognized and participated in Lupus Awareness Month!

Lupus Canada is thankful for all the support we received! It is through the help of our community that we are able to continue to make a difference in the lives of Canadians who live with lupus. May is over but we are determined to keep the conversation going and increase lupus awareness throughout the year.

Lupus Canada is conducting an informational survey and we are currently seeking volunteers to complete this online survey dealing with your diagnostic journey and your daily life with lupus. Participation involves completing a short online survey. To complete the survey please visit this link <https://forms.gle/VKsS1Wm1HQWEg3x37>.

On June 20th, Lupus Canada would like to recognize the men, particularly fathers, in our lives who live with lupus. On behalf of Lupus Canada Happy Father's Day!

We also celebrate the first day of summer on June 20th. While summer is a time for us to get outside and enjoy what the warmer weather has to offer, it is important to remember to apply proper sunscreen and wear appropriate protective summer clothing.

DONATE NOW

your gift makes a difference

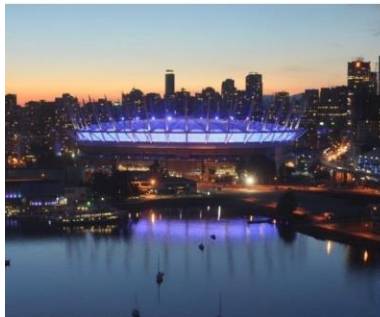


Lupus Canada would like to extend a heartfelt thank you for the support you provided to our initiatives for Lupus Awareness Month. Your contribution was crucial to the success of making lupus visible. With your help Lupus Canada achieved so much!

5 Provinces Proclaimed May 10th as World Lupus Day

Special thanks to the following individuals for declaring May 10, 2021 as World Lupus Day and for helping us create awareness for lupus:

- (1) Minister of Health, Alberta, Tyler Shandro.
 - (2) Honourable Heather Stefanson, Minister of Health and Seniors Care, Manitoba.
 - (3) Minister of Health, Saskatchewan, Paul Merriman.
 - (4) Minister of Health, Newfoundland and Labrador, Dr. John Haggie.
 - (5) Honourable Iain Rankin, Premier of Nova Scotia.
-



25 Canadian landmarks were illuminated in purple for World Lupus Day and Put On Purple Day.

Thank you for the heightened awareness you all gave on World Lupus Day and Put On Purple Day. With your enthusiasm and support we were able to capture some pictures of the landmarks across Canada that were lit in purple. Thank you to those who took a photo and shared on social media!

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Lupus Canada Awareness T-Shirts

We want to express how much we appreciate your support. We were thrilled to see so many folks wearing Lupus Canada merchandise throughout May! By wearing your Put On Purple T-Shirts on May 21st you showed your support for those living with lupus, helped make lupus visible and created awareness for this under-recognized and under-funded disease.

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Lupus Canada was able to collaborate with so many Lupus Advocates

A variety of initiatives were completed such as:

Lupus Awareness Advocacy Webinar with Minister Hajdu. Lupus Awareness Month was a time to focus on making lupus visible. Thank you to Health Minister Patty Hajdu for joining our Advocacy Webinar that discussed the impact of lupus on Canadians.

A Short Video Series with Michelle Gazze and Isaac Hall! By addressing three questions in regards to their journey with lupus, Isaac and Michelle, helped us create awareness for lupus and foster a sense of community to those who also struggle with the challenges of living with this disease.

Lupus Friendly Stretching Video! At Home Personal Fitness, Madison Collard, created a lupus friendly exercise video that allows lupus patients to partake in a safe exercise in a comfortable, home setting. Thank you Madison for helping us making lupus visible!

Giveaway with Marisa Zeppieri! Two individuals won a copy of Marisa`s new memoir, *Chronically Fabulous*, which offers hope to anyone living with a chronic illness. Thank you Marisa for collaborating with us.

Cooking For Lupus with Paula Zavala! Lupus Canada is so thankful to everyone who played a role in helping us spread lupus awareness in May! As a thank you, Lupus Canada will be hosting an online event, "Cooking for Lupus with Paula Zavala", where people who purchased either Lupus Canada's Put On Purple T-Shirts or our HOPE T-Shirts since March 2021 were entered in a draw to join this cooking class with Paula Zavala. Thank you Paula for joining us!



Isaac Hall

Madison Collard

Minister Hajdu

Marisa Zeppieri

Paula Zavala

Michelle Gazze

Please join us on Thursday, June 10th at 7:00pm EST for our fifth Self-Advocacy Webinar in which Melissa Hemphill, a Holistic Nutritionist will discuss Lupus and Nutrition.

Melissa's passions are all things food-related. With a degree in Biochemistry from the University of Guelph, Melissa went on to pursue a diploma in Natural Nutrition and develop a career as a Holistic Nutritionist. Through learning all that she did about the importance of

feeding our bodies the right fuel it became more and more obvious that it is our food system that is leading us to illness.

After moving to Revelstoke in 2006, Melissa became involved with the North Columbia Environmental Society and helped to create the first community garden through what was then a committee of the NCES called the Local Food Initiative. Melissa served as a member and the chair of this committee, then created the Coordinator position in 2014 and filled it for 18 months. She helped to establish the Revelstoke Local Food Initiative as its own society and continues on in a board member position. Melissa is currently the Food Security Coordinator with Community Connections (Revelstoke) Society and is working to implement recommendations from the Revelstoke Food Security Strategy to make Revelstoke a more food secure community.

To register please visit the link

https://zoom.us/webinar/register/WN_tvzeHFIIISwTxNJ7gvxQ.



This June, join the Great Canadian Giving Challenge!

From June 1 – 30, every \$1 donated to Lupus Canada through CanadaHelps gives Lupus Canada a chance to win \$20,000! Join the challenge, and rally your friends and family around this limited-time opportunity.

The Great Canadian Giving Challenge is a National public contest to benefit any registered Canadian charity. Every \$1 donated to a registered charity in June via CanadaHelps.org, automatically enters the charity to win an additional \$20,000 donation. The grand prize draw will take place on July 1st, Canada Day, and one lucky charity will receive this new grand prize of \$20,000. The charitable sector has been hit hard by COVID-19, and this prize can make a significant impact for lupus patients across Canada!

Help Us Win \$20,000! Join the Great Canadian Giving Challenge and visit

<https://www.canadahelps.org/en/charities/lupus-canada/>.

Let`s get charitable this June!



QUOTATION OF THE MONTH

Living with lupus is difficult due to the physical, emotional and economical impact it can have on individuals. Lupus Canada would like to remind you all how courageous you are. Individuals who live with lupus show their courage everyday by listening to their body, putting their mental health first, and overcoming daily barriers they may confront due to lupus.

Having the courage to keep going in the face of all your lupus obstacles demonstrates your strength. Please remember this everytime you face a new challenge.



ARTICLES

Photosensitivity, or increased sensitivity to sunlight, is common among people who have systemic lupus erythematosus, or lupus. Sun exposure can cause rashes (including the butterfly or malar rash) and lesions, or trigger flare-ups of the disease that could affect internal organs, so it is important to protect yourself.

Please click [here](#) to watch Lupus Canada`s, Let`s Talk Lupus: The Effect of UV, to learn more about the effects of UV.

As someone living with lupus, going to a Farmer`s Market may be a great activity to consider as Farmer`s Markets usually occur in the morning making it easier to avoid the sun and heat during the intense hours of the day, it is a social activity to partake in with friends and family, and there is fresh and healthy food to enjoy!

Read the articles below, `8 Benefits of Farmer`s Market Shopping` and `Photosensitivity, Sun Safety and Lupus` below for additional resources on how to protect yourself this summer and reasons to visit your local Farmer`s Market this summer.

BENEFITS OF SHOPPING AT A FARMERS MARKET

At the farmers' market you can...

1. Find Seasonal Fruits & Veggies

Organic peaches ripened in the summer sun and delivered into your eager hands always outshine the out-of-season varieties that are picked well before they're ready and shipped from warmer climes. Fortunately, every season has something tasty to offer, from rich winter squash to fresh spring peas, to summer berries (and, well, summer everything), to crisp fall apples. And just to show that Mother Nature always knows best, getting in tune with seasonal eating has a host of nutritional benefits:

Berries are full of antioxidants that help protect your skin from summer sun damage. Potatoes and butternut squash are chock full of nutrients to keep you warm and nourished over the harsh winter months

2. Get the Freshest Produce Possible

Did that patty pan squash just get fresh with you? Of course it did! At the grocery store, the goods might have been on the shelves for a day or two, in storage before that, on the road before that, in a warehouse before that... you get the picture. Once those store-bought veggies end up on your plate, they're likely at least a week old. Most market farmers gets up before the sun on market day to harvest, which is why the produce seems extra fresh – those peas have barely had the chance to realize they've been harvested. Hooray for local produce!

3. Cut Your Ecological Footprint

You'll leave some footprints in the grass at your local market, to be sure, but that's nothing compared to the hundreds, even thousands of kilometers food travels to arrive at supermarkets, and finally your plate. Couple those carbon savings with reusable bags, reduced packaging and plastic, and the breath of fresh air you get while at market, and you've got an environmentally friendly – and enjoyable – shopping experience.

4. Opt For Organic

Yes, cutting the distance food travels to arrive on your plate is an excellent move towards sustainability, but research shows those "food miles" only account for 11 per cent of your meal's carbon footprint – the rest of comes from conventional food production, which requires lots of environmentally unfriendly inputs in the form of synthetic fertilizers and pesticides. Be sure to opt for the organic growers next time you're wandering through the tables.

Organic food is not just healthier for you – it's healthier for the planet too – as the Rodale Institute's 30-year comparison of organic and conventional confirmed local markets give you a chance to get the best of organic when it's in season – at it's most nutritious and delicious.

5. Make Friends With Your Farmers

Farmers markets are the place where you, the eater, get to connect with the hard-working folks who grow your food. These markets contribute to healthy food systems that sustain our land, our community, and our homes. When you support organic farmers at your local market, you directly enable them to stay on the land.

6. Get Expert Advice

How often do you get face to face with the person who grew your food? Markets are a great chance to ask questions about how this vegetable was grown, or the best way to prepare the ever-mysterious kohlrabi (we like it raw, shredded in a salad). A face-to-face conversation goes a long way to re-building your trust in the food system – and to rebuilding the food system itself! And since they're passionate about growing delicious, healthy food in harmony with nature, they'll happily talk your ear off about just how they nurtured those juicy tomatoes from seed to your shopping bag.

7. Grow Awareness

Markets also spread awareness of agricultural issues facing our largely urban society, including the truth about organic farming, genetically modified foods, fair pricing for agricultural products, and the abundant variety of fresh seasonal food available in a locally-

networked food system. If you've been wondering what's on your plate, chances are the answers are waiting for you at a farmer's table, nestled among the organic kale.

8. Feel The Love

Farmer's markets are for everyone, designed to be accessible to all and to create a sense of community engagement – but that doesn't mean I wasn't intimidated on my first visit! Whether you seek fresh, affordable greens or local crafts, there is something for you, and ever since that first time a basket of strawberries outshone my red cheeks and conquered my hesitation, I like to think I've learned how to get the most out of my friendly neighborhood farmers market. The experience is different from your average grocery store!

Source: <https://www.naturespath.com/en-ca/blog/8-benefits-farmers-markets/>

PHOTOSENSITIVITY, SUN SAFETY AND LUPUS

Why are people with lupus photosensitive?

The reasons for photosensitivity in people with lupus are unclear. Several studies have looked at the role of different wavelengths of UV light in lupus. UV is divided into UVA, UVB and UVC (which does not reach us because it is absorbed by the atmosphere). Studies from the 1960s suggested that UVB was most important in causing photosensitivity in lupus, but more recent research shows that UVA is also partly responsible.

It is thought that, when exposed to sunlight, skin cell proteins and genetic material such as DNA and RNA start a reaction in people who are genetically predisposed. UV light causes skin cells to express particular proteins on their surface. These proteins, including one known as "Ro," may be the targets of antibodies, which latch on to them. The attached antibodies are thought to attract white blood cells, which attack the skin cells. This leads to inflammation and causes a rash. Normally, cells that are damaged die naturally through a process called "programmed cell death," or "apoptosis." The body then gets rid of the dead cells. In lupus, this cell death in the skin seems to occur too frequently, which may cause more inflammation.

Another possible factor that leads to a rash in people with lupus are substances produced in the skin after sun exposure that encourage inflammation and redness. Researchers are working to find the reasons for these abnormal reactions.

What kind of skin problems could happen?

Sun exposure can cause different types of rashes in people who have lupus. One is acute cutaneous lupus erythematosus (ACLE), better known as the butterfly or malar rash that appears on the face, across the bridge of the nose. It usually heals within weeks without scarring.

Another type is discoid lupus erythematosus (DLE), which appears as disk-shaped lesions on skin that has been exposed to the sun. They develop slowly and may take months to heal. They may leave scars.

Subacute lupus erythematosus (SCLE) appears as red circles on the arms, chest and back. It may look scaly, like psoriasis, and heals over weeks or months. It may occur again with

more sun exposure. (Note that both DLE and SCLE may also occur in people who do not have systemic lupus.)

How to protect yourself from the sun:

Wear a broad-brimmed hat and clothing with a tight weave, including a long-sleeved shirt and long pants. Consider buying special sun-protection garments if you are very sensitive. There are now many options for sun protective clothing that are both stylish and functional in reducing sun exposure. Also consider purchasing sunglasses that are both polarized to help reduce glare and brightness for sensitive eyes and can block both UVA and UVB rays.

Use sunscreen with a Sun Protection Factor (SPF) of at least 15 on any exposed skin. Make sure it is a broad-spectrum sunscreen (it should have both UVA and UVB protection). Apply liberally 15 to 30 minutes before going out. Re-apply after vigorous activity, such as swimming, and towelling off or excessive sweating and rubbing, even if the sunscreen label says it is "water-resistant" or "waterproof."

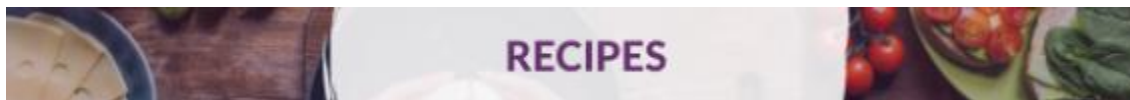
Avoid going outside without protection, especially between 11 a.m. and 4 p.m. during the summer months. When possible, stay in the shade.

Do not use sunlamps or tanning beds. There is no such thing as a "safe tan" or a "base tan."

People who are very sensitive to UV light may wish to avoid using fluorescent tube lights and use photocopiers with the lid closed. Windows in your house and car do not filter out UV rays. For long car rides, you might consider wearing sunscreen and protective clothing if you are exposed to the sun.

Some medications increase the effects of the sun on the body. People with lupus who take these drugs, including tetracycline antibiotics and many others, may burn very easily – this is called a "phototoxic" reaction. Check with your doctor or pharmacist if you should wear extra sun protection while taking these drugs.

Source: <https://lupuscanada.org/resources/fact-sheets/photosensitivity-sun-safety-and-lupus/>





Paprika Baked Chicken Thighs

PREPARATION: 10MIN

COOKING: 55MIN

SERVES: 2-

INGREDIENTS

- Paprika Baked Chicken Thighs:
- 8 chicken thighs bone-in, skinless
- 2 tablespoon paprika spice blend for chicken (see below)
- ½ teaspoon kosher salt
- 2 tablespoon mayonnaise or oil (virgin olive oil or vegetable oil)
- 2 tablespoon chopped parsley for garnish

Paprika Spice Blend for Chicken:

- 4 tablespoon smoked paprika
- 3 tablespoon garlic powder
- 1 tablespoon onion powder
- 3 tablespoon ground black pepper
- 1 teaspoon cayenne pepper
- 3 tablespoon brown sugar

DIRECTIONS

How to make Paprika Meat Spice Blend for Chicken. Combine all the ingredients for the Spice Blend in a small container and shake until well combined. You will use ONLY 2 Tbsp of this blend in the recipe. Save the rest for another time.

Preheat oven to 450°F with the baking rack in the middle. Remove the skin and trim off fat of the chicken thighs.

Add the 8 chicken thighs to a ziplock or a large bowl, together with 2 tbsp of oil or mayonnaise, 2 Tbsp of the Paprika Meat Spice Blend and 1/2 tsp of salt. Mix well, massaging the spices well into the chicken.

Add the chicken to a 9"x9" baking pan and bake uncovered, in preheated to 450°F degrees for 45 to 55 minutes or until the chicken thighs are easily pierced with a fork or knife and juices run clear when pierced. Garnish with sprinkled parsley.

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

Source: <https://letthebakingbegin.com/paprika-baked-chicken-thighs-recipe/>

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