

What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to [leanne.mielczarek@lupuscanada.org](mailto:leanne.mielczarek@lupuscanada.org)



**Toll Free: 1-800-661-1468**



**Greetings,  
Hello March!**

### **Lupus Canada Launches Research Funding Program**

This month Lupus Canada is launching the Catalyst Grant Program. Grants of up to \$35,000 will be awarded to Canadian lupus scientists to initiate high calibre research projects that will impact the lives of persons living with lupus and their families. Our hope is that our grant recipients will have greater success in obtaining larger multiyear grants from national funding bodies. Grants will be awarded this fall after adjudication by a committee comprised of both lupus medical experts and informed patients.

To apply or find out more about the [Catalyst Grant Program](#), visit our [website](#)

## **LUPUS CANADA MARCH 2016 NEWSLETTER**

### **Your first appointment**

March's Lupus video is about the nerve-wracking first doctor's appointment. Look at this first meeting as an opportunity to get educated, reassured and eventually, get better.

**[Read More](#)**



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## National Kidney Month and Lupus

March is National Kidney Awareness Month in Canada. Lupus can cause inflammation in major organs, including the kidney.

[Read More](#)

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## Ways to conquer fatigue

As a person with Lupus, more often than not, it may feel like you're running on empty. Fatigue and lack of drive are frustrating features that come with having a chronic illness, but it does not need to be dreaded.

[Read More](#)

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## March Recipes

### *Bourbon Glazed Salmon*

Salmon is an excellent source of heart-healthy omega-3 fatty acids.

#### INGREDIENTS

3 tablespoons brown sugar  
3 tablespoons bourbon  
2 tablespoons low-sodium soy sauce  
1 tablespoon grated peeled fresh ginger  
1 tablespoon fresh lime juice  
3 garlic cloves, minced  
1/4 teaspoon freshly ground black pepper  
4 (6-ounce) skinless salmon fillets  
Cooking spray  
1/4 cup thinly sliced green onions  
1 tablespoon sesame seeds, toasted

#### PREPARATION

1. Combine first 7 ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate in refrigerator 1 1/2 hours, turning occasionally.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Place 1 fillet on each of 4 plates; drizzle each serving with about 2 teaspoons sauce. Sprinkle each serving with 1 tablespoon green onions and 3/4 teaspoon sesame seeds.

*Photo:*

Randy Mayor

*Source:*



<http://www.health.com/health/recipe/0,,10000001662929,00.html>

### ***Roasted Vegetable Balsamic Chicken Wrap***

Serves 2

#### INGREDIENTS

1 tbsp olive oil  
1 cup sliced mushrooms  
1 zucchini, cut into thick slices  
1 cup cherry tomatoes, halved  
½ red onion, sliced  
2 cloves garlic, minced  
1 bell pepper, sliced  
2 - 4oz chicken breasts  
2 + 2 tbsp aged balsamic vinegar  
1 tsp italian seasoning  
1 tbsp fresh basil (I use Gourmet Garden fresh basil paste!)  
salt and pepper  
2 whole grain tortilla wraps (or GF wraps if needed!)



#### PREPARATION

1. Preheat the oven to 400 degrees.
2. Place all the vegetables on a baking sheet and toss with olive oil, 2 tbsp balsamic vinegar, and ½ tsp italian seasoning, salt and pepper.
3. In a bowl, toss the chicken breast with 2 tbsp balsamic vinegar, ½ tsp italian seasoning, and the basil.
4. Place the chicken on the same or a separate baking sheet.
5. Place everything in the oven and roast for 20 minutes.
6. Remove from oven and let cool slightly. Once cooled, sliced chicken and assemble wraps with roasted vegetables!

*Photo and recipe Source:* Danny Nicholson

<https://www.flickr.com/photos/dannynic/>

<http://www.nutritionistinthekitch.com/2013/01/13/roasted-vegetable-balsamic-chicken-wrap-and-challenge-update-3/>

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**Watch our Latest Video Let's Talk Lupus Benlysta**

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## Working together to conquer lupus

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