

MARCH E-NEWSLETTER

With Spring comes hope....

March is a time in which we all feel the anticipation of what the spring brings. As the birds start to serenade us with their songs and the sun starts to shine a little longer each day, take time to relax and disengage from the stress of your everyday life. Listen to the birds, reflect on everything positive in your life with excitement about what the future holds.



Lupus can be a struggle with some days being a bit more challenging than others. Share your lupus journey with others. Email your lupus story to leanne.mielczarek@lupuscanada.org



TULIP PROGRAM – *Explore a Clinical Research Study for Your Lupus*

The Tulip Program is a series of clinical research studies evaluating an investigational drug for systemic lupus erythematosus (SLE). If you have been living with systemic lupus erythematosus (SLE), commonly known as lupus, you may be eligible to participate in the Tulip SLE Study. The goal of the Tulip SLE Study is to find out whether an investigational drug may help reduce symptoms of lupus and limit the need for other medications. During the study period, participants will be allowed to take their currently prescribed lupus medications.

Living with lupus can be challenging, but you are not alone.

SLE is the form of the disease most commonly known as lupus. It can affect many parts of the body, including the kidneys, brain or central nervous system, blood and blood vessels, skin, lungs, heart, and joints. Symptoms of SLE can vary from person to person, and can be recurring.

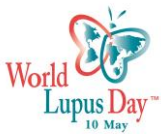
The Tulip Program represents AstraZeneca's commitment to developing a potential investigational drug for SLE. It is only through clinical research that new investigational drugs can be developed, and participating in a clinical trial may allow you to play an even more active role in lupus research. It also helps our researchers, physicians, and participants better understand lupus.

For more information about the Tulip SLE Study or to enroll, please call or email the study coordinators at the research site closest to you:

<u>Site Name</u>	<u>Role</u>	<u>Full Name</u>	<u>City</u>	<u>Phone</u>	<u>Email</u>
McMaster University Medical Centre	Principal Investigator	Matsos, Mark	Hamilton	1 (905) 521-2100 ext: 20429	matsosmp@mcmaster.ca
McMaster University Medical Centre	Study Coordinator	Abraham, Dennis	Hamilton	1 (905) 531-6044	abrahamd@hsc.ca
CISSS du bas Saint-Laurent/Hospital de Rimouski	Principal Investigator	Fortin, Isabelle	Rimouski	1 (418) 724-3000 ext: 8069	Please contact study coordinator : sara.vicki.rochefort.csssrn@ssss.gouv.qc.ca
CISSS du bas Saint-Laurent/Hospital de Rimouski	Study Coordinator	Rocheffort, Sara-Vicki	Rimouski	1 (418) 724-3000 ext: 7443	sara.vicki.rochefort.csssrn@ssss.gouv.qc.ca
Toronto Western Hospital (TWH) - Lupus Clinic	Principal Investigator	Gladman, Dafna	Toronto	1 (416) 603-5800 ext: 3259	dafna.gladman@utoronto.ca
Toronto Western Hospital (TWH) - Lupus Clinic	Study Coordinator	Blair, Joan	Toronto	1 (416) 603-5800 ext: 3259	jblair@uhnresearch.ca

LUPUS CANADA CATALYST GRANT PROGRAM 2017

Lupus Canada is proud to announce that the second Catalyst Grant opportunity will be released on March 1, 2017. The purpose of the Lupus Canada Catalyst Grant program is to support high calibre start-up projects that have the potential to significantly advance the field of lupus research as well as have impact on the lives of persons living with lupus and their families. This grant provides support to investigators to initiate new research ideas and projects and is intended to complement rather than compete with traditional sources of funding such as the Canadian Institutes for Health Research (CIHR). Our hope is that investigators who receive a Lupus Canada grant will have greater success in obtaining larger multiyear grants from traditional funders.



What's Happening?

Friday May 19, 2017 is Put on Purple Day

World Lupus Day 2017

On **May 10, 2017** lupus organizations around the globe will participate in the 14th annual observance of **World Lupus Day**.

World Lupus Day Theme - "Lupus Knows No Boundaries"

There is no boundary to the impact of lupus. Lupus is a global health problem that affects people of all nationalities, races, ethnicities, genders and ages. Lupus can affect any part of the body in any way at any time, often with unpredictable and life-changing results. While lupus knows no boundaries, learning all you can about lupus can help control its impact. Learn more at worldlupusday.org.

For more information please visit www.worldlupusday.org

Put on Purple on Friday May 19 to show your support for those battling lupus. Help raise awareness and rally public support for this under-funded and under-recognized disease.

Mobilize individuals, corporations, physician offices, hospitals, people with a connection to lupus and the general community to get the word out about **Put On PurpleDay** and build excitement and interest.

Proudly wear purple on Friday May 19 and tell people why!

Check out Lupus Canada's website over the next few weeks for more information on how you can help raise awareness through POP!

My Lupus Journey by Tanya Carlton, Volunteer President, Lupus Canada

"BUT YOU LOOK GREAT. WHAT'S THE MATTER WITH YOU?"

If I had just one wish, it would be that everyone could understand what lupus really is. What it feels like for the people who have it. To know that even though I might look okay on the outside, I often feel terrible on the inside.

I was first diagnosed with lupus while going to law school. I was just 33 years old. I know how difficult it is to be trying to finish a degree while feeling so sick. I couldn't do it and had to go down to part time. In the end, it took me an extra year, but I did finish my law degree!

Personally, I feel like one of the lucky ones. I'm feeling so much better these days. In fact, that's why I'm able to give back and help out in this volunteer role as President of Lupus Canada's Board of Directors.

Sure, I still have my bad days. Those days when I feel so tired I don't even want to get out of bed. But I do it. I do it because I have a vision and a dream to help raise awareness of this disease. To help people to at least understand what it's like to live with the debilitating symptoms of lupus every single day.

RECIPE: Cheese Burger Salad



Source:

<http://butimhungry.com/2012/02/20/cheeseburger-salad/>

Ingredients:

- 1 pound extra lean ground beef
- 2 whole wheat hamburger buns, split and cut into ¾ inch strips
- ½ small red onion, chopped
- 1 cup ketchup (low sodium)
- ½ cup finely chopped low sodium pickles
- 1 tablespoon prepared yellow mustard
- ½ small red onion, sliced
- 8 cups chopped lettuce
- 2 plum tomatoes, chopped
- 1 cup low fat shredded cheese

Directions:

Prep 30 m Cook 10 m Ready In 40 m

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Arrange the strips in a single layer on a baking sheet, and bake for 8 to 10 minutes, until the strips are lightly toasted. Set the strips aside.
3. Place the ground beef into a skillet over medium heat, and brown the meat for about 10 to 12 minutes, breaking the beef apart as it cooks, until the meat is well browned and no longer pink inside. Stir the chopped onion, ketchup, dill pickle, and mustard into the beef mixture and mix well.
4. Arrange the chopped lettuce on a large serving platter, and spoon the beef mixture over the lettuce. Top the salad with the sliced onion, plum tomatoes, and shredded cheese, and arrange the hamburger bun croutons around the platter.

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

source: <http://allrecipes.com/recipe/189225/cheeseburger-salad/?internalSource=popular&referringContentType=home%20page>