
Greetings!,

This year, Lupus Canada has something very special in store. We surveyed Lupus patients throughout the country and asked them, "If you could ask a Lupus doctor any question, what would that be?" We brought your best queries to medical experts from the CaNIOS, a group of Canadian investigators working together to improve outcomes for Lupus patients, who answered them in 12 short informational videos. Find the answers to a number of your Lupus questions: topics range from difficult experiences like your First Appointment to Lupus treatment, Benlysta.

Lupus Canada will release a video on the 15th of every month to provide Lupus patients and caregivers the most accurate, relevant, and up-to-date information about the disease. Celebrity Ambassador Patrick McKenna will introduce our exciting new clips. Watch for our first informational video on October 15th.

This month is Lupus Awareness Month in Canada! This October, Lupus patients and supporters nationwide will work to raise awareness for this under-recognized and under-funded disease.

October brings a misty coolness in a warmth of colours. In the month of lazy autumn leaves and buzzing costumed children, take time to give thanks for the things that brighten and soften your life. Lupus is a tiring lifelong disease, but you are a lifelong survivor. Let the restless summer spirit accept the fall melancholy. Also, remember to steer clear of the ogres and gargoyles found in Halloween sugars to maintain a healthy diet and avoid Lupus flares.

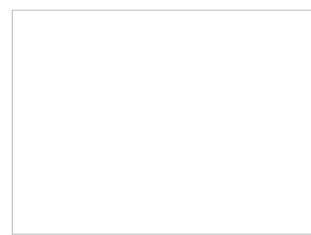
Have you followed us on Twitter, and Instagram? Have you liked our Facebook page and joined our Facebook group? You should do that soon.

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

Lupus Canada September 2015 Newsletter

Living well with Lupus: Lupus and your Smartphone

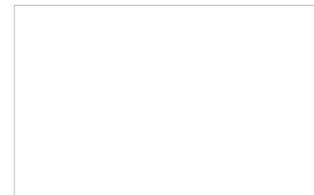
Lupus is a chronic autoimmune disease that can cause inflammation in any part of the body. It is estimated that Lupus affects over 1:1000 Canadian men, women and children and 5 million people worldwide.



As a result of Lupus being so under-recognized and under-funded, research and technology has been struggling to keep up to the disease's debilitating symptoms. It took half a century for the first new treatment for Lupus, Benlysta, to be approved for use in 2011. But where medical innovation is slowly moving, other technologies are vying to fill the void and support people living with Lupus. [Read More.](#)

Low-impact fall exercise ideas

A well-balanced diet and regular exercise are cornerstones to preventing Lupus flares and infections. As the saying goes, "an ounce of prevention is worth a pound of cure." In October the summer sun dims and Canadian autumn hues entrance the nation. If you are able, make the best out of this change of season and do some low-impact exercises in the beautiful outdoors. [Read More](#)



Recipe Corner

The month of October comes with food favourites in Thanksgiving dinners and Halloween treats. To keep a healthy, balanced diet this holiday season, remember to avoid full-fat dairy products, red meats, trans fatty acids (found in processed and packaged foods), white flour and sugary products, deep fried foods, and excess alcohol.

Try to say no to the cheese topping on grandma's mashed potatoes and that extra scoop of ice cream on your apple pie. Lupus Canada has selected two recipes that lose the unhealthy fats and sugars but keep all the autumn spirit.

- [Turkey tenderloin with cranberry shallot sauce](#)
- [Healthy Halloween Snacks](#)

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***Working Together To
Conquer Lupus***

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