



Greetings,

Farewell summer... Hello September!

This month, we are happy to announce a number of different online support communities and options for Lupus patients across Canada. Now, in addition to the [Lupus Canada Community Facebook Group](#), there will also be a [Lupus Canada Facebook Page](#). Whereas the Group is reserved for discussion among members, the Page will serve as a frequent and accessible outlet for Lupus Canada updates. We are also pleased to introduce a Facebook group and page specifically for young people living with Lupus. [The Lupus Canada Youth and Young Adult Community Group](#) is a community for young Lupus patients and family to discuss, and the Lupus Canada Youth and Young Adult Facebook Page will showcase information relevant to young people living with Lupus. Last but not least - we finally have an Instagram account! [Please follow us!](#)

Labour Day weekend in September signals the end of summer in Canada. School starts up for students and fall rolls in for everyone else. We hope you enjoy our articles for this month and enjoy the late long weekend, with share precious moments with your family and friends, even more.

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

Dealing with a Lupus flare: Should you tell your employer about your disease?

Lupus is the 'Disease with a Thousand Faces,' making it hard to recognize in a crowd and even more difficult to put a finger on. Symptoms of a Lupus flare vary from person to person, and may vary from mild, moderate to severe with corresponding consequences for life in the workplace. A common question is: should I tell my employer about my Lupus? Some prefer to be open and honest with their co-workers and employers but others may find it is easier to keep Lupus a secret. It is your personal choice to make, but here are some factors that may affect your decision. [Read More](#)



Lupus in the media

Ready, set, action! Lupus is not always visible. On some days, people living with the autoimmune disease may look like any other healthy person. However, underneath the appearance of wellbeing can be extreme joint and chest pain, debilitating fatigue, discomfort and more. Lupus is more severe and more pervasive than the population generally recognizes. In fact, two thirds of the population know little to nothing about the disease. [Read More](#)



Exercise

Exercise can benefit your physical health, mental health, and fatigue associated with Lupus. It can also prevent some side effects of Lupus medication. Low-impact exercise encourages the body to control inflammation, but it is also possible over-exercising may trigger a flare, particularly in the joints. [Read More](#)

Recipe Corner

Just as different Lupus patients experience a range of different symptoms, there is no one-size-fits-all "Lupus diet." Although there is no specific diet, it is important for people living with Lupus to maintain a healthy, balanced diet lush in fresh fruits and vegetables, whole grains and fatty fish.

To monitor Lupus flares, keep a food diary to track foods that lead cause Lupus-like symptoms. This practice will help you improve food mindfulness and encourage long-term balanced eating habits. A food diary is beneficial when you consult with your doctor.

Here are two delicious recipes for this month's newsletter:

- [Roasted sea bass with spinach and aioli](#)
- [Hearty Quinoa Breakfast](#)

Quick Links

[Ways To Donate](#) | [Lupus Canada](#) | [Butterfly Campaign](#) | [Wish to Subscribe?](#)

Leanne Mielczarek
Manager, National Operations
Email: leanne.mielczarek@lupuscanada.org



***Working Together To
Conquer Lupus***

STAY CONNECTED

