



LET'S TALK LUPUS

September 2023 E-Newsletter

Together We Can Make A Difference



September has arrived!

Lupus Canada hopes that everyone has had a fun filled summer with family and friends. As summer wraps up and we transition to different routines, remember to take things one day at a time and try to enjoy the weather while it's still warm!

September is Arthritis Awareness Month. Arthritis affects 1 in 5 people, more people than diabetes, heart disease, cancer and stroke combined. Much like lupus, it is an invisible disease. In May the Arthritis Society Canada in partnership with Lupus Canada hosted Arthritis Talks: Let's Talk Lupus, a webinar which discussed the many complexities of lupus to help you better understand the disease; what makes it so complex and why it is different than other forms of inflammatory arthritis.

To view the video visit <https://www.lupuscanada.org/webinars/#1687956564728-a74b13e5-9e4f>.

Monday, September 4th was Labour Day; we hope you enjoyed the day and were able to use it to start the season off well.

September 10th is World Suicide Prevention Day. Let's keep this conversation going throughout the year as by raising awareness we can support those who are suffering. To learn more or access resources, see the International Association for Suicide Prevention <https://www.iasp.info/wspd/>.

September 30th, 2023 is National Truth and Reconciliation Day. On this day we take a moment to think of the children who never returned home and the Survivors of residential schools, as well as their families and communities. For more information, resources or support please visit the Government of Canada page <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>.

Together We Can Make A Difference!

Your generosity allows Lupus Canada to continue to focus on our mission of improving the lives of Canadians impacted by lupus through research, advocacy, public awareness and education. Make a donation today and let's continue to work together to make lupus visible.

DONATE NOW

LUPUS CANADA NEWS



The 2023 Scholarship Program Recipients

Lupus Canada is proud to announce the 2023 Lupus Canada Scholarship recipients. This year we offered six (6) one-time scholarships of \$2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution. Congratulations to those selected!

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2023 Lupus Canada Catalyst Grant Award Recipient

Lupus Canada and Lupus Foundation of America Award Grant for Study Examining New Method to Predict Treatment Response in Lupus Nephritis to Improve Kidney Outcomes.

[Read More](#)

Advocacy Campaign

BE HEARD. SHARE YOUR STORY

Preparations for Lupus Canada's Autumn Advocacy Campaign are well underway, with a focus on community engagement. Your participation will help with the success of this campaign. It is time to stand up and be heard to help us make a difference!

This initiative will run in a two-fold manner, the first of which will be through a Community Conversation – Let's Talk Webinar whose objective is to compile real world patient and/or caregiver experiences. Next, your shared stories will help to shape Lupus Canada's letter writing campaign which will target key decision makers in Canada.

We will be communicating further details related the Community Conversation as well as the letter writing campaign in the coming weeks. Stay tuned. Your experience matters. Your voice matters.





Welcome Diane!

Lupus Canada is pleased to introduce you to Diane, a Calgary based Certified Holistic Nutritionist who focuses on instilling a love for cooking and natural foods in children. Diane will be preparing and creating monthly healthy and accessible recipes specifically for those living with lupus, who may need tips or ideas on how to nourish your body.

She hopes that future generations are more educated about health, wellness, and food preparation so that nutritious eating becomes second nature. You can find naturally sweetened recipes, nutrition information, and tidbits of family life with her two kids on her blog (the link is available in our bio) or on Instagram [@insightfulbite](#).

[Learn More](#)

LET'S TALK LUPUS



Disease Awareness Webinar

Join Lupus Canada for our next Let's Talk Lupus Disease Awareness Webinar on **September 27th at 1:00 pm EST** where we will be joined by Dr. Barnabe who will be presenting her expertise related to Lupus & Indigenous Populations of Canada.

Dr. Cheryl Barnabe is a Métis rheumatologist and a Canada Research Chair in Rheumatoid Arthritis and Autoimmune Diseases. She is a Professor in the Departments of Medicine and Community Health Sciences, Cumming School of Medicine, University of Calgary. She is a Vice-Chair in the Department of Medicine (Indigenous Health), and the Deputy Director for the McCaig Institute for Bone and Joint Health.

[Register Here](#)



Lupus Corner with Mauricia Ambrose



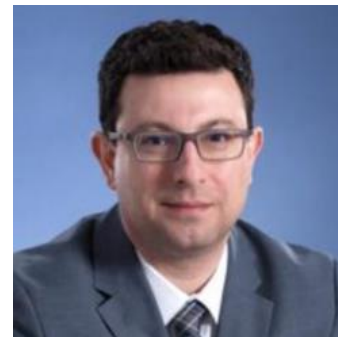
"Wow, it's over. Where did those two months go? Summer has always been an adventure for my son and me, whether it's running out of gas after our first visit to a cottage or going to a Blue Jays game and never actually watching the game, because he can't sit still. It's always been a time of exploring new things and having fun. Even with lupus, summer is filled with possibilities..."

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Dr. Touma Talks Lupus

An international medical expert survey – including Canadian physicians – reveals those living with lupus, or systemic lupus erythematosus (SLE), face a significant risk of organ damage in the first five years of their diagnosis. With every 1 in 1,000 Canadians affected, the complex autoimmune disease has even the best HCPs challenged when identifying patients who are most at risk.

Dr. Zahi Touma, Rheumatologist and Clinical Epidemiologist with Toronto Western Hospital, addresses the risks of organ damage for lupus patients and the value of early access to preventative health measures for ensuring the health and well-being of residents of these facilities.



[Read More](#)

Are you or someone you know affected by lupus?

LUPUS AND LEARN

Join us for a public discussion with researchers and physicians about current SLE research in Canada!

FREE EVENT

In Person Event
Calgary, AB
Patricia A. Whelan Hall at
Calgary Public Library

Thursday, October 26th 2023
7:00 pm to 9:00 pm
Registration details to follow

CIHR
IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada

UNIVERSITY OF
WATERLOO

UNIVERSITY OF
CALGARY

LUPUS
CANADA
Life Without Lupus

Café Scientifique

Are you or someone you know affected by lupus?

Join us for a public discussion with researchers and physicians about current SLE research in Canada on Thursday, October 26th from 7:00 to 9:00 pm.

Topics include:

- SLE and Cardiovascular Disease
- SLE and Health Information
- Expert panel discussion
- Ideas for future research

Registration details to follow.

PERSONAL STORIES

My Lupus Story with *Jodie*

"Hi fabulous lupies! My name is Jodie Nimigon-Young and I have been a fellow lupus warrior for 29 years... Although living with lupus has brought struggles, I prefer to focus on the opportunities. I was diagnosed at age 13, and still have some wonderful friendships from my adolescence. I pursued not one, but 3 university degrees and am now employed as a health-care social worker."



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COMMUNITY ENGAGEMENT

2nd Annual Luis Aguirre Memorial Golf Tournament Brought to you by: Big League Movers

Lupus Canada would like to thank Big League Movers for hosting the 2nd Annual Luis Aguirre Memorial Golf Tournament.

Jonathan Petro, Associate Director of Golf | Puslinch Lake Golf Course, states, "We had 100 total golfers on a sunny and warm, July afternoon. Total amount raised was \$4,500. Winning score was an astounding 18-under, shot by Mitch Klie, Mitch Dempsey, Travis Ruf and Jake Whibs. On course contests included a goal-in-one challenge where players would try to hit their golf ball into the hockey net that was set up in the middle of the fairway. 13 of the 100 golfers were successful!"



Players also had to bring their soft hands for the 5th hole as instead of using putters on the green, we used hockey sticks to roll the rock. We did not offer mulligans for sale. Instead, we set up a hockey shooting matt on the 13th hole, and for a donation to Lupus Canada, players were able to fire the puck as far down the fairway as they could and tee off from there. This was a massive success and everyone in the field seemed to enjoy it!

We also had Big Leagues "Make a Play" hole (closest to the pin), and Big Leagues "Heavy Hitter" hole (longest drive). We were fortunate to have the Aguirre family in attendance to talk to many of Luis' friends prior to teeing off in addition to sticking around for pre-round speeches.



All and all, a very successful day for a great cause. We were pleased with the amount that we raised and hope to continue improving that particular number next year! Thank you very much for the support that Lupus Canada provided to us both prior to and during the tournament."

Thank you again for hosting this successful event and for sharing the photos with our community.

QUICK LINKS



Recipe: Roasted Vegetable Quinoa Salad

A great salad for meal prep as it tastes great warm or cold and leftovers will last 3-4 days in the fridge. You can serve this on its own for a light lunch or you can add a protein of choice and serve this as a side dish.

[Read More](#)



An Introductory Guide to Lupus

Learn more about lupus symptoms, diagnosis, treatment, management, and coping with lupus.

[Read More](#)

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Working together to conquer lupus.

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