

Cold-water fish

Cold-water fish offer a rich source of omega-3 and essential fatty acids in the form of DHA and EPA. This type of fat contains powerful anti-inflammatory properties that have been shown to be beneficial in helping those with inflamed joints.

Fruits and vegetables

Fruits and vegetables are loaded with plant nutrients called phytochemicals that prevent, and can even reverse, the inflammatory process. When planning meals, try to include 5 to 10 servings of produce per day. Also, the more colourful the fruit or vegetable, the more nutrition and disease-fighting value it contains.

Nuts and seeds

Almonds, walnuts and sesame seeds also contain anti-inflammatory omega-3 essential fats.

Fish oils

Taking a high-quality, distilled fish oil has a powerful anti-inflammatory effects. The omega-3 recommended dosage for adults is 2 grams per day.

Fresh, clean water

Flush your system out daily with 6-8 glasses of water to promote proper elimination and optimal health.

Source: <http://www.canadianliving.com/health/subsection/nutrition>

For the Parent, Friend and Caregiver

If you are a parent, friend or a caregiver for someone with lupus, it can be difficult to watch them go through all of these changes. Not only does it affect their lives but it also affects yours. Because lupus is the disease with 1000 faces, it can be extremely frustrating not knowing what you are dealing with. To make sure that you remain healthy yourself, take a night off, eat a balanced diet and stay active! All of these are important for everyone, not just a lupus patient.

Our Mission

Lupus Canada is a national voluntary organization dedicated to improving the lives of people affected by lupus through research, public awareness, advocacy and education.

Our Vision

Life without lupus



**LUPUS
CANADA**
Life Without Lupus



What to Know...

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Working together to conquer lupus

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Steps for Living a Healthier Lupus Lifestyle

By simply changing some minor details and living a healthier lifestyle, lupus flares can be better coped with should signs and symptoms occur.

Get enough sleep. Lupus patients often experience fatigue that is not usually relieved by rest. To help cope with this, get plenty of sleep at night or have a nap when needed throughout the day.

Be sun smart. Because ultraviolet light can trigger a flare, wear protective clothing, such as a hat, long-sleeved shirt, long pants, and use sunscreen with a sun protection factor (SPF) of at least 55 when you go out.

Exercise regularly. Exercise can help to recover from a flare or even help to prevent future flares from occurring or being as severe.

No smoking. Smoking can increase your risk of cardiovascular disease and can worsen the effects of lupus on your heart and blood vessels.

Eat a healthy balanced diet. This can benefit you in all aspects of your health. Some dietary restrictions may occur due to allergies, high blood pressure or if you are at risk for kidney damage or gastrointestinal problems.

Coping Mechanisms and Support. During the beginning stages of your diagnosis and throughout your life, you may have an array of feelings about your condition ranging from fear to frustration. It can increase your risk of depression and related mental health problems. It is always good to have coping mechanisms and a good support system to help deal with these issues.

Educate Yourself. Write down all of the questions that you have for your doctor and ask them at your next appointment. The more you know about lupus, the more confident you'll feel in your treatment choices.

Get support. By talking about lupus with your family and friends, they can help you when you are experiencing a flare. Lupus is not only hard on you, but also your loved ones. They can't tell if you're having a good day or a bad day unless you tell them.

Have some personal time. Cope with stress in your life by taking time for yourself. Use that time to read, meditate, listen to music or write in a journal. Find activities that calm and renew you.

Talk to others who have lupus. You can connect with others who have lupus through support groups or online message boards. Other people with lupus can offer unique support because they're facing many of the same obstacles and frustrations that you're facing.

Can my Lupus be Controlled?

We can deal better with the challenge of living with a chronic condition by learning all we can and by being aware of how our body reacts. Often, a person's flares follow a clear pattern, with the same combination of symptoms every time.

An informed patient can watch for warning signs and alert the doctor early on. While false alarms happen, catching a flare in its early stages can make treatment easier and more effective. With this as a basis, a good working relationship with the doctor is crucial for the success of treatment.

Treatment of Lupus

While there is no cure yet, with treatment, most people with lupus can look forward to a normal life expectancy. The treatment plan will depend on the type and severity of symptoms. There are many medications that can control symptoms, from a mild anti-inflammatory to some very potent steroids. Generally, a doctor will prescribe the least powerful one, over the shortest time, that can do the job.

Inflammatory Foods

- * Full-fat dairy products (cheeses, ice cream etc)
- * Red meats (steak, ribs, hamburgers, hot dogs, pork, bacon etc)
- * Trans fatty acids (found in processed and packaged foods)
- * White flour and sugary products (cookies, cakes, sugary cereals, pop)
- * Deep fried foods (doughnuts, French fries, onion rings)
- * Excess alcohol

Anti-Inflammatory Foods

Many people who have a chronic disease often have to deal with symptoms of joint inflammation or muscle pain. It can be very frustrating having to perform daily tasks with an extra obstacle. One way to control the amount of inflammation from occurring could be by making small simple lifestyle changes, such as a proper healthy diet; inflammation in both the joints and muscles could be reduced to allow for a more comfortable day to day living.

The following foods and supplements contain natural anti-inflammatory properties and should be included in the diet three to four times per week: