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Markham, ON L3R 8N2

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20th ANNUAL ITALIAN DINNER DANCE AND SILENT AUCTION



FEATURING A GOURMET MENU OF:
Hors d'Oeuvres – Antipasto – Seafood Combo – Pasta
(Casareccia al pomodoro-Agnelotti in a rose sauce)
– Veal Roast – Chicken Supreme – Roasted Potatoes and Vegetables
– Mixed Spring Salad – Ice Cream Crepe – Coffee/Tea/Espresso
AND an Open Bar.

SATURDAY, NOVEMBER 5, 2005

THE JEWEL BANQUET CENTRE
55 SOVEREIGN COURT, WOODBRIDGE, ON

Hors d'Oeuvres 6:00 PM

DINNER 6:30 PM

\$75 PER PERSON

PROCEEDS TO LUPUS ONTARIO
(TAX CREDITABLE RECEIPT \$25)

FOR TICKETS AND INFORMATION
PLEASE CALL KAREN AT 905 415-1099 OR MARIA AT 416 638-6108

Lupus Ontario

590 Alden Road, Suite 211,
Markham, ON L3R 8N2



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**Thank you for supporting
Lupus Ontario**

**OUR MISSION
STATEMENT**

*To provide a means for
Education, Support, Public
Awareness and Research.*



Kevin Stannard

**MESSAGE FROM
THE PRESIDENT**

Wow, where did the summer go? I hope everyone had a wonderful and healthy season.

As is the case for most charitable organizations, Lupus Ontario relies heavily on volunteers to accomplish its goals. We are extremely fortunate to have dedicated volunteers who devote their time, talent and enthusiasm to help find a cure for lupus.

October is Lupus Awareness Month, and many activities are coming up – you'll see announcements for many of them in this newsletter, including the exciting "Flare for Fashion" event hosted by CTV's Jacintha Wesselingh on October 26 (see details on back cover). And October 29 is the date of Lupus Ontario's Annual General Meeting in Toronto. It is important to our Board and all of our membership to have as many people as possible attend. A doctor will speak to us about the latest lupus research. We'll also have a guest speaker who will talk about easing stress, and Lupus Canada's own Pamela Bowes will lead a mini workshop for our support group leaders (see page 11 for more AGM info).

Lupus Ontario needs you! The words "volunteer" and "satisfaction" go hand in hand. The friendships, camaraderie and satisfaction you feel when you volunteer is indescribable. Making a positive impact on so many lives inspires a real sense of pleasure and fulfillment. Contact the Lupus Ontario office to find out how you can get involved!

We'd love to see you at a Walk A Block event. This is our big fundraiser, and if everyone could help out in a small way – either by walking, donating or volunteering – it would help increase our public profile and bring us that much closer to finding a cure! For details, contact the Lupus Ontario office. Let's all work together to conquer lupus.

Kevin Stannard, President



Now in Stock!

The custom-made sterling silver Lupus Butterfly Bracelets have been so popular that we've ordered more! They're just \$35 each. Please call Karen Furlotte at 905-415-1099 to get yours.

Youth Leaders Get Started!

Something special happened at the Lupus Canada Annual Medical Symposium in June: the inaugural meeting of the new youth leaders! Thanks to the generosity of lupus organizations across Canada, ten young women travelled from across the country (including delegates from Saskatchewan, Ontario and Nova Scotia) to spend a day discussing living with lupus, including medication, relationships, stress, school and careers. Many of them had never had the opportunity to talk to other young people with lupus before, and it was an exciting and eye-opening event. The youth leaders attended the symposium the following day, and the day's theme - "Learning to Live Well with Lupus - Linking the Different Life Stages" - was particularly relevant. The delegates are all eager to help other young people with lupus in their home provinces. Discussion is already beginning about next year's youth leaders workshop! For more information on how you can help sponsor a youth leader to attend next year's event, please contact the Lupus Canada office.

Automatic Reinstatement for CPP Disability Benefits

An important change has been announced for the Canada Pension Plan disability benefit (CPP-D) program. In the past, people who received CPP-D and who tried to work, but were unsuccessful because of their disability, had to apply all over again. The change allows CPP-D recipients to have their benefits reinstated any time within two years after they returned to work if they had to stop working because their original disability returned, or because of a related disability. For info, visit the Social Development Canada website at www.sdc.gc.ca.

The deadline for the
Fall 2005 issue
of *Lupus Link* is January 15.
Please send submissions to editor
Jaclyn Law at
jaclynlaw@hotmail.com.

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Return undeliverable Canadian addresses to: 211-590 Alden Rd., Markham ON, L3R 8N2

OCTOBER IS LUPUS AWARENESS MONTH!

How can you get involved?

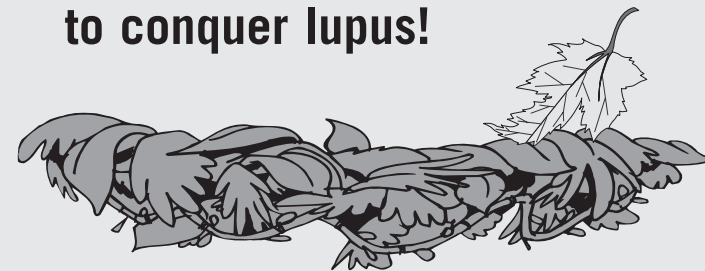
**Run, walk or volunteer for
Walk a Block – you pick
the date, time and route.**

**Learn about lupus at
Lupus Ontario's website
(www.lupusontario.org).**

**Encourage your friends
and family to support
Lupus Ontario.**

**Hold your own fundraiser
for lupus research, such as a
bake sale or yard sale (see
page 9 for inspiration!).**

**Let's keep working together
to conquer lupus!**



What's "Out There" For Youth With Lupus?

By Marianne Weber

I was curious to see what information is "out there" for youth with lupus, so I did a little research. These are a few examples of what I found:

BOOKS

First, I recommend to all ages the newly revised *Lupus: The Disease with a Thousand Faces*, edited by Dr. Sasha Bernatsky and Dr. Jean-Luc Senécal (Key Porter, 2004). Lupus is discussed comprehensively including what it is, how it is diagnosed, symptoms, traditional and complementary treatments, coping, research, further resources, a list of drugs and a glossary. In addition, there is a chapter on how lupus affects women at all ages with several anecdotal "stories" illustrating the unique issues of lupus. There is also an in-depth chapter devoted to children and teens with lupus. This book is available from Lupus Canada or LESS.

An upbeat booklet titled *For Inquiring Teens with Lupus* by Nichole Niles considers questions that youth with lupus may have. It provides basic information about what lupus is, how you can explain it and some of your feelings about lupus to others, how you can deal with school, friends, dating, the changes lupus can cause and more. It is available from the Charla de Lupus Program at the Hospital for Special Surgery, 535 East 70th St, NY, NY 10021 U.S.A.

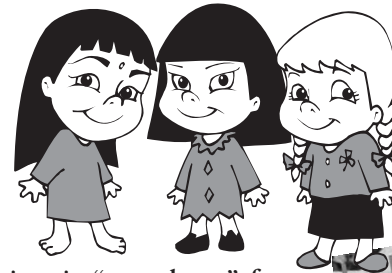
WEBSITES

Lupus Canada's website (www.lupuscanada.org) has a variety of helpful information about lupus for everyone, but there are two articles about youth with lupus: "Children and Teens with SLE – Research News" (2001) and "Chronic Illness in Adolescence: Crisis or Challenge" (1993). The Advo Kit also has a section for teens with lupus.

The LESS website (www.sasklupus.com) has a section for youth that we are just getting started on. Currently it features a creative essay explaining lupus in a fun way written with youth in mind.

Connect at www.letsconnect.org, a website created by and for youth with chronic illnesses. There are personal stories of youth with chronic and serious illnesses including lupus, suggestions about what can help, and opportunities to chat and ask questions and other fun stuff. I liked the down-to-earth advice and the prompt, friendly reply to my request for information. I believe these are people who genuinely care about others and want to make a difference in the world.

This article first appeared in the Fall 2005 issue of The Saskatchewan Lupine, the newsletter of the Lupus Erythematosus Society of Saskatchewan (LESS).



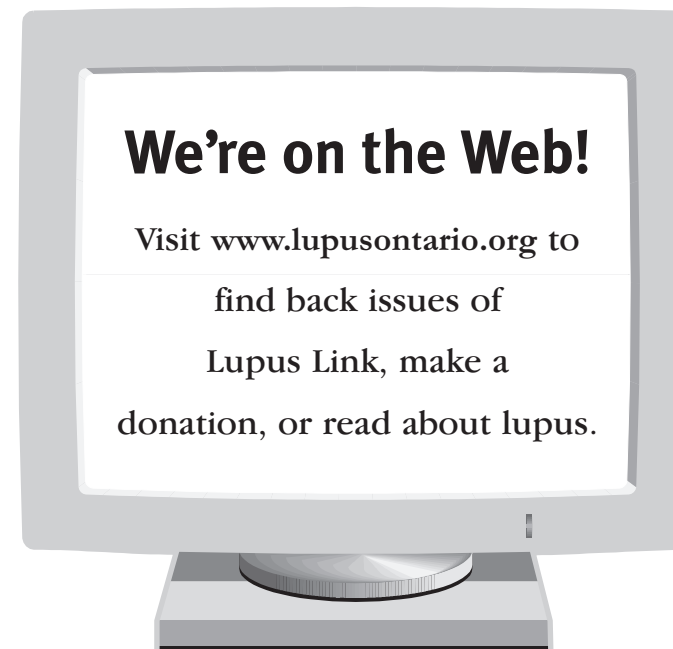
Check out these helpful lupus, disability and health resources:

Lupus Now is the magazine of the Lupus Foundation of America. Published three times a year, it covers lupus research, medication, coping, family life and much more. To subscribe, please visit www.lupusnow.org. Click "Order Lupus Now" in the menu bar at the top of the page, then click on "For my donation of \$25 or more..." then click on "Personal International Subscription." The cost is \$35 U.S. for one year.

We Have Lupus (www.wehavelupus.com) offers a free bulletin message board, online forum and community discussion group for people living with lupus and their families.

Disability WebLinks (www.disabilityweblinks.ca) is a web portal that links visitors to disability-related programs, services and contacts across Canada. A collaborative project of the federal, provincial and territorial ministers responsible for social services and developed with input from the disability community, the site is searchable. Topics include accessibility, tax programs, transportation and employment.

Canadian Health Network brings you reliable, up-to-date health information on everything from alternative medicine to indoor air quality. You can also subscribe to its free Healthlink e-newsletter. Visit www.canadian-health-network.ca.



What's New at the Trillium Drug Program

Options for Medication Coverage for Ontarians

By Pamela Bowes



Pamela Bowes is Lupus Canada's Director of Support.

When I tell folks about the Trillium Drug Program (TDP), many are surprised to learn there could be an option for covering expensive drug costs. And many say "I don't qualify." Let me take this opportunity to tell you more about the TDP as this might be a helpful resource for you. It is for me.

First off, the TDP is available to any resident of Ontario

who has a valid Ontario Health Card. Some highlights of the program include:

- The program year runs from August 1 to July 31.
- Your deductible, or the amount you must pay toward your medications before coverage starts, is based on income. All family members must submit income information, and the deductible is based on Line 236 of the Revenue Canada "Notice of Assessment." The deductible is about four to five percent of all total incomes of Line 236.
- New this program year is the option to sign the consent on the Trillium application form, which allows Trillium staff to contact Canada Revenue Agency directly to confirm income.
- The annual deductible is divided into quarterly periods. For example, if the annual deductible is \$1,000, the deductible is divided by four (\$250), and the program year is also divided into four periods (Aug-Sept-Oct, Nov-Dec-Jan, Feb-Mar-Apr, May-June-July). Once the deductible of \$250 is met in the period, medication costs will be covered by the TDP for the remainder of the period.
- First-time applicants to the program select a date they want coverage to start, and the annual deductible will be pro-rated for the remainder of the program year. This is a very helpful option for first-time applicants who start medications part-way through the program year.

- If your income has changed significantly (either increased or decreased) from the previous year, you can provide information to verify your income since January 1, 2005, and your deductible will be adjusted to reflect this change.
- Folks with partial insurance coverage/insurance caps can also apply to the TDP.
- Your pharmacist can tell you if any of your prescriptions require additional documentation in order to count towards your deductible. This includes medications listed on the Ontario Drug Benefits Formulary under the "Limited Use" or "Individualized Clinical Review" sections.
- If you are on the TDP, a renewal notice will automatically be sent to you in early 2006.
- Applications can be picked up at any pharmacy, downloaded from the Internet, or by calling the Ministry of Health INFOline at 1-877-234-4343.
- Some interesting statistics to illustrate the program:
 - Since the program began in 1995, the number of families using the program has increased from 7,000 to 85,000 in 2005.
 - 60 percent of applications are incomplete, thus delaying the approval time.
 - Most applications are processed and approved in two weeks or less.

Trillium Drug Program Contact Information:

416-326-1558 or 1-888-575-5386

HELPFUL HINTS:

- Keep a copy of your application, any medication receipts and documentation you include with your application.
- Your local MPP has a direct contact with the TDP to help resolve any delays, find out the status of your application or resolve red tape.

LIVING



The Little Things

By Jody Breen

Writing about my experiences really gives me a chance to thank the great people I have encountered along the road. My last Lupus Link article was a thank you to nurses everywhere, and this one is for my family doctor, whom I will call "Dr. C." Hopefully, it will inspire others.

Those who know me know that I'm not frugal, but I like to go to yard sales and look for bargains. On one Sunday morning, while looking for that special little thing, I found something more than I could possibly have expected.

Anyone who knows my family doctor knows that he's a Toronto Maple Leaf fanatic, to say the least. He's always wearing an article of Leafs clothing, and his office walls are plastered with Leafs pictures and memorabilia. He's even programmed the office's flashing bulletin sign to say "GO LEAFS GO" every minute.

While passing by some books on a table at the yard sale, something caught my eye and I went back. It was a book about a famous Leafs net-minder named Jacques Plante and how to be a good goalie. Although I thought of Dr. C, I was going to pass it up until I opened the cover and saw the book had been published in 1972, the year my wife and I were born. I picked it up and paid the \$1 the sellers wanted for it.

I took the book to my next visit to Dr. C's office for my weekly injection of goodies. Dr. C wasn't there, so I dropped off the book with a note attached telling him about the symbolism. When I got home, I found that Dr. C had already called and said thank you, but not just any thank you. It turns out that the book I bought for a buck was the same title he lost in a basement flood at his childhood home when he was only eight years old, and he had been looking for a replacement ever since. He said he got goose bumps when he walked into the office and saw it sitting on a desk. At my next visit the following week, the office manager told me Dr. C walked around hugging the book like a Bible and telling the childhood story.

I think Dr. C was a little embarrassed about his excited reaction – the next time I saw him, he said, "I'm such a geek, feeling like I was eight again." But it was a great feeling for me to be able to put a positive spin on a bad memory after all these years for someone who has helped me and stuck with me even when family hasn't. And all for a dollar. This is testimony that it IS the thought that counts and truly it's just the little things we do for OTHERS that make our lives count.

I do have one regret: not sticking around Dr. C's office the extra 10 minutes to see in person the eight-year-old I never knew!

Jody Breen is Lupus Ontario's Oshawa Support Group Leader.

EVENTS

MISSISSAUGA

Walk a Block for Lupus at Square One Shopping Centre

Sunday, October 23, from 10 a.m. to noon

HAMILTON

"New Ideas About Lupus," presented by Dr. Judah Denburg, McMaster University, Hamilton Lupus Clinic

Sunday, November 13

Registration starts at 12:30 a.m., lunch will be at 1:15, and the event ends around 4 p.m. Come socialize with the members and meet new friends at this great event!

Location: Hamilton Chamber of Commerce, 555 Bay St. N. (please visit www.hamiltonchamber.on.ca for a map)

Menu: Lemon chicken with mixed vegetables and potatoes, orange sorbet for dessert (special dietary requests can be made; please discuss when registering). Cost of lunch: \$10 (beverages extra). Contact head office at 1-877-240-1099 to register. Registration deadline is Nov. 4. To RSVP, please contact Karen F. at Lupus Ontario.

TORONTO

Lupus Ontario Annual General Meeting

Saturday, October 29

Please see page 11 for details.

Italian Dinner and Dance

Saturday, November 5

Jewel Banquet Centre, 55 Sovereign Court, Woodbridge

Enjoy fabulous food and great entertainment! Don't miss it! Please contact Lupus Ontario for ticket information.

Dance for the Cure

February 4, 2006

See page back cover for more details.

UNITED STATES

The American Autoimmune Related Diseases Association (AARDA) presents a conference, "What Every Autoimmune Patient Needs To Know"

Saturday, November 5, 2005

Grand Hyatt Atlanta (Buckhead), 8:00 a.m. to 3:30 p.m.

Speakers include Noel R. Rose, M.D., Ph.D. (Johns Hopkins Center for Autoimmune Disease Research); T. Stephen Balch, M.D. (Lupus Treatment Center); Rita Baron-Faust (author of *The Autoimmune Connection*); and Virginia T. Ladd (AARDA). The conference is open to AARDA members and the general public. Registration fee: \$60 US (\$75 US after Oct. 31). Lunch is on your own. For more information, call AARDA at 1-586-776-3900 or e-mail AARDA at aarda@aarda.org.

DONATE YOUR OPTIMUM POINTS TO LUPUS ONTARIO!

You can now donate some or all of your Shoppers Optimum Points to Lupus Ontario and help us redeem them for merchandise at Shoppers Drug Mart such as office supplies and fundraising items for auctions, door prizes and raffles. Here's how you can help:

- Visit www.shoppersdrugmart.ca and click "Donate Your Points to Charity Today." A confirmation e-mail will be sent to you as well as to Lupus Ontario.
- Call 1-800-SHOPPERS and talk to a customer service representative.

RESEARCH ROUND-UP

NEW GENE MAY CONTRIBUTE TO AUTOIMMUNE DISEASES

Australian immunologists have discovered a new gene that may contribute to autoimmune diseases such as lupus and type 1 diabetes. Australian National University (ANU) researchers found that a mutation in the gene, which they have named Roquin, causes T-cells, the body's infection fighters, to attack their own tissue. Studies are underway to determine whether similar mutations observed in lab mice are present in people. Lead researcher Dr. Carola Vinuesa said that before this study, no one knew Roquin existed. The discovery was announced in a recent edition of Nature magazine. Future research could reveal other genetic abnormalities that can lead to autoimmunity, and open the door to developing specific treatments and drugs.

Study details: Goodnow CC, Sprent J, de St Groth BF, Vinuesa CG. Cellular and genetic mechanisms of self tolerance and autoimmunity. Nature. 2005 Jun 2;435(7042):590-7.

STUDY SAYS ACUPUNCTURE NOT EFFECTIVE IN FIBROMYALGIA

According to a study published in the July 5, 2005 edition of the Annals of Internal Medicine, the centuries-old practice of acupuncture does not reduce pain in patients with fibromyalgia. Contrary to researchers' expectations, directed acupuncture was no more effective than sham acupuncture at relieving pain in fibromyalgia in a 12-week randomized, controlled trial involving 100 adults with fibromyalgia. Overall, researchers found no statistical significance in improvements in any of the study participants. Dr. Dedra S. Buchwald of the University of Washington told a journalist for Rheumawire that one potential explanation is that study participants received a standardized treatment, which is not how acupuncturists would work in a real-life setting. (Currently there is no standard for selecting acupoints for fibromyalgia treatment.) Acupuncture may still be helpful for many patients with fibromyalgia. Buchwald says for future research, other complementary and alternative treatments including massage and dietary and lifestyle changes are worth exploring.

Study details: Assefi N, Sherman K, Jacobsen C, et al. A randomized clinical trial of acupuncture compared with sham acupuncture in fibromyalgia. Ann Intern Med 2005; 143:10-19.

MMF RECOMMENDED FOR LUPUS NEPHRITIS

Research published in the June 2005 issue of Journal of Rheumatology, states that mycophenolate mofetil (MMF), which is sold under the name CellCept by Roche Pharmaceuticals, helps patients with lupus nephritis or treatment-resistant systemic lupus to significantly reduce their steroid dosage, is as effective as cyclophosphamide for maintaining remissions, and could become first-line therapy for kidney disease in lupus.

MMF is an immunosuppressant or "anti-rejection" drug used in combination with other immunosuppressive drugs for the prevention of rejection in patients receiving heart, kidney and liver transplants. CellCept was first approved for use in combination therapy for the prevention of acute organ rejection in kidney transplantation in 1995. It has since been approved worldwide for prevention of organ rejection in kidney, heart and liver transplantation.

Researchers at St. Thomas's Hospital, in London, England, reported: "MMF appears to be a safe and successful treatment to maintain remission in patients with lupus nephritis and to control overall disease activity."

Other researchers caution that there are still unresolved issues, including the lack of a reliable test for monitoring MMF levels in the body, but seem generally supportive of the increasingly prominent role of MMF in lupus treatment. Drs. McCune and Riskalla, in an editorial commentary on the St. Thomas study, wrote, "The role of MMF in sequential therapy of lupus nephritis needs further study, but in the absence of more data this is a reasonable strategy to use in many clinical situations. Although more work is required to establish MMF as the standard of care for initial treatment of lupus nephritis, it is our opinion that, following monthly bolus CYC to induce remission, MMF (and possibly azathioprine) as maintenance therapy for lupus nephritis will soon become the standard of care, at least for adults."

Study details: Pisoni CN, Sanchez FJ, Karim Y, et al. Mycophenolate mofetil in systemic lupus erythematosus: efficacy and tolerability in 86 patients. J Rheumatol 2005; 32:1047-1052. 15940766 and McCune WJ, Riskalla MM. Mycophenolate mofetil: a magic bullet for lupus? J Rheumatol 2005; 32:967-970. 15940751

ASPREVA MMF RESEARCH ENTERS PHASE III

On July 27, Aspreva Pharmaceuticals Corporation announced that patient dosing has begun in the pivotal phase III clinical study evaluating mycophenolate mofetil for the treatment of lupus nephritis. In October 2003, Roche and Aspreva entered into a collaboration for Aspreva to further develop Roche's CellCept for use in autoimmune diseases. CellCept is not currently approved for the treatment of either systemic lupus or lupus nephritis.

Aspreva's phase III Lupus Management Study will be one of the largest Phase III studies conducted in lupus nephritis. The study aims to enrol 358 patients with biopsy-proven lupus nephritis worldwide. The goal of the study is to assess the efficacy and safety of CellCept in inducing and maintaining remission.

The two-phase study is a randomized open label comparison of CellCept with the current standard of care, cyclophosphamide, for the first six months, followed by a double-blind comparison of CellCept to azathioprine for up to three years. Results from the study's first phase are expected in late 2006.

To read more about CellCept and the collaboration between Roche and Aspreva, visit www.aspreva.com/news/102203.pbp

PEOPLE WITH LUPUS MAY BENEFIT FROM FLU VACCINES

If, until now, you've avoided getting a flu shot, news from the U.S. could make you reconsider.

According to a press release from the University of Missouri, recent recommendations from some European researchers suggest that people with systemic lupus might benefit from getting vaccinated.

Toronto Public Health's website explains that influenza, or the flu, is caused by a virus that typically comes around in the fall and winter. People who get the flu usually have an abrupt onset of fever, muscle aches, headache, sore throat, cough and weakness, and these symptoms last two to seven days. The cough and weakness can last for up to six weeks.

The flu spreads easily from an infected person to others through coughing and sneezing. You can catch it by touching contaminated surfaces or objects after someone with the flu has touched them. Each year, 25% of Canadians get the flu. Most people who catch it will not get seriously ill, but the elderly and individuals with some underlying medical conditions can become very ill from complications associated with getting the flu. The flu can also make it easier to develop other health problems such as pneumonia. Complications from the flu can sometimes lead to death – each year, over 1,500 people die from the flu in Canada.

The influenza vaccine (flu shot) is made from particles of killed flu viruses, which provoke the immune system to create antibodies against them. Doctors have avoided making broad recommendations about flu shots for people with lupus because many are concerned that the shot could trigger a flare-up or awaken the disease in someone with a genetic predisposition. However, a study presented at the Sixth European Lupus Meeting in London, England, in March suggests that people with lupus who get vaccinated reduce their risk of developing pneumonia or bronchitis, both of which can worsen their lupus. Only two of the study's 69 vaccinated patients developed bronchitis. No patients who received the shot developed pneumonia.

The press release quotes Dr. Chuck Siva, assistant clinical professor of rheumatology at the University of Missouri-Columbia School of Medicine and collaborator for the Missouri Arthritis Rehabilitation Research and Training Center (MARRTC) as saying, "This study's results go along with my gut instinct that a vaccination is a good idea in lupus patients, especially if they are on high doses of immunosuppressant medications."

Many people with autoimmune conditions take immunosuppressant drugs that make them more susceptible to developing infections, such as the flu, so a shot may be a powerful ally during flu season.

Since it is still unclear whether there is a significant correlation between the vaccines and autoimmune disease, ask your physician if the flu shot is appropriate for you before you roll up your sleeve!

Read more about the flu at http://www.toronto.ca/health/flu_facts.htm

LFA RELEASES STATEMENT ON LUPUS AND PLASTICS

A study published in the July issue of the Journal of Autoimmunity suggests a possible link between lupus and chemicals known as phthalates. In the study, different types of phthalates used in the manufacture of plastics, cosmetics, dyes, and adhesives were injected into lupus-prone mice, causing the mice to develop the disease.

The mice received doses that were in excess of what the average person normally would encounter in daily life. It has to be recognized that the strains of mice used for this study were very susceptible to the development of a lupus-like disease. Phthalates did not cause lupus in normal mice. There is no demonstration that the compounds alone are able to elicit autoimmunity.

It is always necessary to interpret data from mice studies cautiously. It is not known if the results from mice studies are applicable to human disease.

Certain environmental factors are believed to be involved in triggering lupus in people who are genetically predisposed to the disease. The results of this study demonstrate the need for additional research to better understand the exact role certain environmental factors play in triggering lupus disease activity.

This article has been reprinted with permission from the Lupus Foundation of America (www.lupus.org).

Show Your Support!
Purchase a Lupus Canada sweatshirt for just \$35 (plus shipping)



Call Lupus Canada to place your order and help generate lupus awareness!



1-800-661-1468

Light grey zippered hooded sweatshirt

Please call for size availability.



Paul Badeau

RIDE FOR LUPUS A ROARING SUCCESS

The Ride for Lupus was originally started to honour a man who the organizers all regarded as an extraordinary human being as well as a good friend, Mr. Paul Badeau. Mr. Badeau was tragically killed in a vehicle accident in August 2003. His wife, Joan, is also a lupus patient, and they took it upon themselves to turn her husband's tragedy into a triumphant fundraising event. The organizers achieved their goal, and 100 percent of the proceeds will go toward helping all people with lupus by furthering the works of Hamilton's McMaster University Lupus Research Clinic.

The clinic will receive a donation of over \$7,100.00, thanks to the participation of 75 local motorcycle enthusiasts in the first-ever Ride for Lupus, which happened on August 20, 2005. According to Bill Rankin of the Hamilton Lupus Ontario chapter, the organizing committee of Wilf and Deb, Lloyd and Gail and Doug and Diane did an "incredible job" of putting together the event – this despite a record rainfall in the region only the day before, which not only would have made the roads unsafe, but drastically reduced the turnout. Yet somehow the weather that day turned out fine, with the possible exception of a few riders getting sprinkled at the end as they pulled into Hamilton's Horseshoe Club for the after-ride barbecue.

The response from corporate and individual rider sponsors in the community was overwhelming and helped greatly to raise the profile of Lupus Ontario in Hamilton. Although this was the very first time the group organized a charitable ride, the result

was a very professional and well thought-out event. On their own time, the committee members mapped the route, test-rode the course and took into consideration safety and security concerns. Hamilton's Shannen Sorgi, Lori Powless, Jean Ingram and Peter and Deanna Hill all pitched in and worked alongside some 40 other volunteers, who were recruited to staff the Ride and the various checkpoints. The organizers also were nice enough to give volunteers their own party to thank them for their good work!



Road warriors: (from left) Doug, Diane, Gail, Deb, Lloyd, Wilf, Shannen Sorgi, Jean Ingram and Deanna Hill.



Ready to roll: Riders at the fundraiser's starting point in the area of Upper Gage and Fennell Ave. in Hamilton.

The riders themselves were a terrific group of people, very friendly and also very generous in supporting everything from the raffles to the sale of lupus bracelets. As the day ended and the riders filled the hall, there were scores of donated raffle prizes such as concert tickets, jackets and mini-bikes which raised hundreds of additional dollars. Everyone walked away at least one prize, often two or more. In short, everyone was happy overall with the entire Ride for Lupus event!

On behalf of the Hamilton chapter of Lupus Ontario, we would like to say to the Ride for Lupus organizing committee, Wilf and Deb, Lloyd and Gail, Doug and Diane, thank you on behalf of those whose future you have brightened through the generous spirit and the hard work that you personally committed toward this successful fundraiser. Our condolences and prayers go out to you and Joan for the loss of Paul

Badeau. We also congratulate you on this unique accomplishment of turning such a tragic loss into a beautiful and loving gesture, which will endure to help those who must carry on each day with lupus.

Oshawa's Super Sales Figures

By Shannon Crawford

On Saturday, September 3rd, the Oshawa Support Group held its first charity garage sale. The donations poured in from friends and family. There was coffee and donuts for 50 cents each – we went through six dozen donuts for all those early morning garage salers!

My nephew, 7-year-old Bradley Snowdy, had a lemonade stand. His 4-year-old sister, Emily, was his assistant for the day. Bradley also handed out pamphlets to people.

Bradley melted my heart a month before our sale when I told him we were planning a fundraiser. He said he wanted to help raise his own money to help find a cure for my disease so I could get all better and not be sick anymore. This is when he decided on a lemonade stand. I notified our local paper of our story and they came to my home a week before our sale, took his picture and ran a nice story titled "Boy wants to help aunt." Bradley's Lemonade for Lupus stand made a whopping \$110.

On behalf of myself and Jody Breen Oshawa Support Group, we would like to sincerely thank all of our donors and volunteers. This charity sale would not have happened without you. A special thank you to Andrea Szikszay-Flury, Melissa Munn, Susan Snowdy and Emily and Bradley Snowdy.

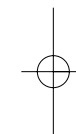
Our combined total for the day including T-shirt and sweatshirt sales was \$1205.



From left: Brian Flury, Andrea Flury, Gracie Munn, Gary Munn, Calista Munn, Missy Munn, Bradley Snowdy, Emily Snowdy, Susan Snowdy, Steve Crawford, Sarah Crawford, Jennifer Breen and Jody Breen raised an impressive \$1,205 for lupus!



Sarah Crawford, Emily Snowdy and Bradley Snowdy sold the best lemonade



TELL US YOUR STORY!



Lupus Canada is developing a brand new website, and we are seeking contributions for a **Personal Profiles** section. We would like to receive inspiring stories with themes of empowerment and living well with lupus from a variety of perspectives. Each profile would be about half a page to one page in length, and would probably include your picture. Potential topics include: coping with a diagnosis, staying healthy, working and lupus, family and lupus, participating in Lupus Canada events such as the Symposium and Walk A Block), pregnancy and lupus, creating awareness about lupus, youth and lupus, humour and living with lupus, giving as a volunteer, advocacy and lupus, and World Lupus Day events. In fact, the sky is the limit. If you would like to contribute your profile, please contact Pamela at Pamela.Bowes@bellnet.ca.



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Lupus Foundation of Ontario

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Systemic Lupus Erythematosus (S.L.E.) is a disease in which the body's own immune system can cause damage to the skin, joints and internal organs. It affects thousands of Canadians, mostly women during child-bearing years. Although not yet preventable or curable, the disease can usually be controlled. Because the characteristics and severity of S.L.E. vary among patients, medical management must be individualized. It is important that persons diagnosed with, or suspected of having S.L.E., consult with their own physician to assure proper evaluation and treatment. Opinions expressed in articles appearing in the Lupus Link do not necessarily reflect those of Lupus Ontario.

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Lupus Ontario

Please join us for our Annual General Meeting and Workshop

Saturday, October 29th, 2005

Holiday Inn Yorkdale, Toronto, Ontario

Featuring Sharron Stasiuk, "The Lighter Side of Stress"

10 a.m. - 11 a.m.	Annual Meeting
11 a.m. - 11:45 a.m.	Presentation of Lupus Canada Merger Information for Discussion
12 noon - 12:30 p.m.	Lunch
12:30 p.m. - 1:15 p.m.	Dessert & Medical Update
1:30 p.m. - 3 p.m.	Workshop: "The Lighter Side of Stress" with Sharron Stasiuk

Hotel rooms are available for \$119 + taxes per night for early registration. For information, contact Karen Furlotte at Lupus Ontario or mail, fax or call in your registration. The \$30 fee for the day includes lunch. Please inform us if you have dietary restrictions.

905-415-1099, toll-free: 1-877-240-1099, fax: 905-415-9874

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