



## MEMBERSHIP RENEWAL

Once again, membership renewals and applications are included in this mailing. Membership fees help Lupus Ontario promote public awareness and education.

Research is our HOPE. Dr. Ed Keystone, Director of The Rebecca MacDonald Centre for Arthritis & Autoimmune Disease (RMCAD) at Mount Sinai Hospital integrates clinical patient care with innovative experimental therapeutics, outcomes and genetic-based research for arthritis and autoimmune diseases. Dr. Keystone was speaking at an AARC dinner last week and stated the "the future is now". Researchers have the tools to determine what genes and proteins are present in every individual and how to turn them on and off. What we are hoping for here is prevention of Lupus. Please help fuel our Hope with a donation towards research along with your membership renewal. Last year the Research Request raised over \$13,000. towards research in Ontario. Thank you for your ongoing generosity.

Donations over \$50.00 will receive a special gift.

**Note.** If you wish to renew by Visa , Mastercard or Amex, you may do so by phone. Call Karen @ Lupus Ontario 905-415-1099, 1-877-240-1099

*The deadline for the Spring 2010 issue of Lupus Link is now January 30th. Please send submissions to the editor, Jaclyn Law at [jaclynlaw@hotmail.com](mailto:jaclynlaw@hotmail.com)*

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## Message from the President, Julia Kane

On behalf of the Board of Directors of Lupus Ontario I want to wish you an early **SEASON'S GREETINGS**. Can you believe a year has passed and we are approaching the Holiday Season? Remember to pace yourself, pick your priorities and try to keep a few minutes every day for relaxing.

**Wishing You the Gifts of the Season:  
Health, Happiness and Hope.**



**H1N1 queries have kept our phones busy for weeks. Anne Cymet RN, Lupus Clinic Nurse, Toronto Western Hospital, Centre for Prognosis Studies Rheumatic Diseases writes, "It is recommended that all persons with lupus receive H1N1 vaccine. There will be two types of vaccine, one with adjuvant (booster) and one without. We would prefer the one WITHOUT the adjuvant. It may be difficult to obtain the vaccine without adjuvant, if this is the case we still recommend persons with lupus get vaccinated with the regular H1N1 vaccine."**



### DONNA CHU/ PRESIDENT'S AWARD

On November 7th, at this year's 24<sup>th</sup> Annual Italian Dinner, The Donna Chu/ President's award was presented to Anne Matheson from Hamilton. Anne has been a volunteer for Lupus in Ontario for over 30 years. She has been on the Board of Directors for many years, served as the Director of Communications and was our Web Master. Her dedication has been an inspiration and she monitors the "Ask the Expert" postings on the Lupus Ontario web site. Anne has been instrumental in the renewal of the Hamilton and Area Support Group and a tireless advocate for all people with Lupus. Please join me in extending to Anne our sincere congratulations and appreciation.



### **WALK A BLOCK 2010**

Please join me in welcoming Nicole Wright to Lupus Ontario as our Provincial Walk a Block Coordinator. As we build to these events with fundraising and public awareness goals in mind, we are always open to and welcome your suggestions. Continue to visit the Lupus Ontario website for updates and news and please find a spot to place the poster included in this mailing (DRS' OFFICE, PHARMACY ETC.)

**HUMAN GENOME SCIENCES AND GLAXOSMITHKLINE ANNOUNCE POSITIVE RESULTS IN THE SECOND OF TWO PHASE 3 TRIALS OF BELIMUMAB IN SYSTEMIC LUPUS ERYTHEMATOSUS**  
For more information see [www.lupusontario.org](http://www.lupusontario.org)

## EVENTS

Third party events and the volunteers who plan and run them are essential to whom we are and the services we provide to help people living with lupus live longer and better.



**SONNY PAWLOWICZ & FAMILY GOLF TOURNAMENT FOR LUPUS** Julia Kane, President LO, Sonny Pawlowicz and Tina Sarta, Vice President LO



**AECON INDUSTRIAL CHARITY GOLF TOURNAMENT** Daniel Gignac (Aecon Industrial), Julia Kane, President, Larry Brokenshire & Nancy McRobb (Aecon Industrial)

**2009  
Koski  
Kup,  
October  
3rd at  
Riverdale  
Park East**



The Durham Lupus Support Group hosted its Annual Walk for Lupus, Fun Fair & Silent Auction 2009 this September raising more than \$16,000 for Lupus Ontario. The total is now over \$50,000. raised to help fund our Lupus Fellowships and the [CaNIOS](#) research project. A special Thank You to all the sponsors, donors, volunteers and participants. Lupus Ontario recognizes Shannon Crawford, Durham Branch, as a leader in our search for a cure.



### **9<sup>th</sup> International Congress on Systemic Lupus Erythematosus**

Dr. John M. Esdaile, Chair  
Vancouver Convention Centre  
Vancouver, British Columbia

**June 24<sup>th</sup> - 27<sup>th</sup> 2010**

**Early Bird Registration deadline: March 15, 2010**

**\*Patient Programme**

For more information visit: [www.lupus2010.com](http://www.lupus2010.com) or email [lupus2010@advance-group.com](mailto:lupus2010@advance-group.com)

## Canadian Born Doctor Is the 2009-2010 Geoff Carr Fellow



The Geoff Carr Fellowship is designed to train a rheumatologist to be an expert in the management of patients with lupus. Dr. Derek Haaland will be working under the direction of Dr. Judah Denburg and Dr. Mark Lache at McMaster University in Hamilton, Ontario.

Dr. Haaland says, "I am honored to have received this award and the recognition that comes with it from Lupus Ontario. It is a very exciting time to be involved in lupus research and in the care of lupus patients. As the immunologic underpinnings of lupus are unraveled, we move closer to developing more effective and safer treatments for this potentially devastating disease. Ongoing research funding is paramount to continued success. I am grateful for this wonderful opportunity."



## Walk a Block 2009 – Parliament Hill, Ottawa Making A Difference In A Big Way

"Awesome" was the description given to the Parliament Hill Walk a Block by Support Group facilitator Wendy Cool as some hundred lupus patients, their families and friends gathered to respond to Joni Waiser's rousing cheer.

*David Boal, President, Ottawa Branch, (far right), introducing Paul Dewar MP - Ottawa Centre and Anne Wyse (front left) with WAB supporters*



**"Give me an L-U-P-U-S. What do we want to conquer? LUPUS!"**

A timely media lead up to Walk a Block was on CTV Ottawa's Leigh Chapple interviewing Dr. Douglas Smith, head of Ottawa Hospital's Rheumatology Division, including the Lupus Clinic. Dr. Smith spoke about lupus being a chronic autoimmune inflammatory but treatable spectrum of diseases and emphasized that as yet there is no cure. Speaking on treatment, Dr Smith explained the four classes of medications. The interview was aired on late evening and noontime newscasts which cover Eastern Ontario and Western Quebec. Rheumatologist Dr. Sue Humphrey's overview of lupus, at the Walk a Block event, was well received and helped a number of people put their knowledge into perspective.

The Honorable Paul Dewar, MP Ottawa Centre, spoke eloquently and forcefully about the seriousness of chronic illness and noted the presence of lupus in his own extended family. He promised to help give lupus the awareness that it deserves.

Despite the relentless rain, several dedicated long time supporters were there to cheer and wave the banner: Diane Holmes, City Councillor; Veronica Healy and Alex Wyse, founding members in 1981 of the Ottawa Branch, Lupus Ontario Board Director, Gloria Checkley, key Walk a Block founder Mark Purcell, Support Group facilitators Wendy Kool and Nancy Connors; Lisa O'Kane (super contributor of the day); and David Boal, President of the Ottawa Branch. It was great to be joined by former President and Vice – president Douglas Forgie and Diane MacIntosh as well as Bev Hitchens who came in from Smith Falls.

The Ottawa Branch is most appreciative of the Ottawa area media and agencies that announced, posted or promoted Walk a Block 2009 (along with Support Group information) and we look forward to their support and involvement as we move towards Walk a Block 2010. Thanks to the Head Office Staff in Markham who produced flyers and posters which were mailed from Ottawa and caught the attention of radio, television and print, walk in clinics, health and resource centres and pharmacies.

Bus commuters were also seen reading posters on hydro poles!!!

Congratulations to all the Ottawa area team leaders and supporters who worked to make the 2009 Ottawa Walk a Block on Parliament Hill a resounding success grossing \$14,287.



*Paul Dewar M.P. – Ottawa Centre –  
Walk a Block, Parliament Hill, 2009*

*Submitted by Anne Wyse, June 09*

**We encourage each and every one of you to find out NOW how your talent, creativity, energy, selflessness and enthusiasm can make Walk a Block 2010 the best fundraising, public awareness event ever!!! Call Nicole today at Lupus Ontario.**

## Dr. Murray Urowitz Selected to Receive Prestigious Evelyn V. Hess Award

(October 15, 2009 – Washington, DC) LFA – Today, the Lupus Foundation of America announced Murray Urowitz, M.D. as the 2009 recipient of the prestigious Evelyn V. Hess Research Award, presented annually in recognition of a lifetime of achievement in lupus research. Dr. Urowitz is Professor of Medicine at the University of Toronto, and is Director of the Centre for Prognosis Studies in Rheumatic Diseases at Toronto Western Hospital.

Dr. Urowitz's research changed the way lupus is diagnosed and managed, and advanced the understanding of the disease process. His extensive body of work consists of more than 250 peer-reviewed papers and 40 book chapters. Over the course of Dr. Urowitz's long career he established the University of Toronto Lupus Clinic, the Lupus Databank Research Program, and is a founding member of the Ontario Lupus Association (now Lupus Ontario). In 1995, he was the recipient of the Distinguished Rheumatologist Award from the Canadian Rheumatology Association.



Dr. Urowitz is also dedicated to his students, having supervised the training of more than 100 fellows in rheumatology specializing in lupus. He served as the Associate Dean of Post-Graduate Medical Education at the University of Toronto from 1995 to 2005. In 2004, Dr. Urowitz was honored with Royal College of Physicians and Surgeons of Canada Duncan Graham Award recognizing his life-long commitment to medical education.

The LFA established this award in 2005 to honor Evelyn V. Hess, M.D., M.A.C.P., M.A.C.R., for her outstanding contributions to lupus research over the course of her long and distinguished career. Dr. Urowitz received his award on October 17th in Philadelphia during a reception in his honor hosted by the LFA National Board of Directors.

### A Report from Dr. Sathish Kumar, Lupus Ontario Fellow supported by Dance for the Cure

Thank you very much to Lupus Ontario for awarding me the Fellowship for the year 2008-2009. Since July 2008, I have worked under the supervision of Dr. Silverman at the SickKids Lupus clinic.

As you know, lupus is a chronic autoimmune disease that can damage any part of the body. Research is crucial to understand the nature of the disease, clinical course and outcomes. To achieve this, funding young rheumatology researchers through fellowship awards like the Geoff Carr Fellowship and Lupus Ontario Fellowship are essential.

Patients with lupus lead challenging lives. Sharing information and fostering network among patients and their families further helps to dispel myths and provides daily support to those learning to live with lupus. Therefore, peer support group is the way to achieve this goal.

#### Future Plans

I am returning to India to work in Christian Medical College, Vellore, Tamilnadu. Our province has a population of 66,396,000 and our district has a population of 3,482,970. **I am the first trained Pediatric Rheumatologist in my province.** With all my experience gained through this fellowship, I plan to start a Pediatric Rheumatology Unit and treat children with lupus with international standard of care. I will also initiate quality collaborative research in the field of lupus.

I appreciate Lupus Ontario for its dedication in improving the lives of people with lupus through advocacy, education, support and research.

Yours sincerely,

Dr. Sathish Kumar

Pediatric Rheumatologist

\* For the full content of this letter please visit [www.lupusontario.org](http://www.lupusontario.org)



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