

OUR MISSION

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



PRESIDENT'S MESSAGE

Greetings and good wishes to all. This newsletter is being sent out as we work feverishly on making Walk a Block 2009 a successful event. Our goal this year is to raise \$400,000 in Ontario. I hope everyone will join me in walking for a cure. Whether you lead a walk or join a walk, let everyone know you need their support to fight lupus.

Everyone with lupus is aware that when we are feeling well, it's a blessing to be carefully guarded. This past January, I went with my husband and two friends on an eco-themed tour to Peru, Ecuador and the Galapagos Islands. Part of my current mobility is due to continued medication and frequent cortisone shots in my knee and foot. If I time it right, I can even dance occasionally! However, my greatest accomplishment was a 2½ hour climb to the Gate of the Sun above Machu Picchu, Peru. With braces on both knees and with the patience and understanding of my fellow travellers, I made it up and down! I was thrilled. I remember when getting out of bed was a challenge. So I encourage all of you to take joy in every challenge and never lose heart. Set reasonable personal goals and celebrate your successes. Love generously and laugh often.



Left to right: Bruce Fleming, Julia Kane (note pink Sunveil hat and full sun coverage), Calvin Kane and Linda Radigan

Join us for the Lupus Ontario Annual General Meeting on April 4th, before the Joint Symposium, from 8:30 a.m. to 10 a.m. Everyone is welcome. See inside for details.

On March 2nd, we welcome our new Executive Director, Marni Schechter, who will introduce herself in our next newsletter.

Membership Reminder

Have you renewed your Lupus Ontario membership for 2009? We would love to have you join us as we work together to conquer lupus. You can phone Karen in the office and renew by phone with a credit card. Our membership research drive has received over \$11,000 in generous donations. Thank you all! We will use these donations to support our research commitment to CaNIOS.

Lupus Ontario's Annual Report for the fiscal year ending September 30, 2008, will be available with our next Lupus Notes, online and through our website as of April 2009

New and Improved Website

Please visit our newly redesigned website: www.lupusontario.org. We appreciate your feedback. The following e-mail addresses are current:

admin@lupusontario.org
kfurlotte@lupusontario.org
info@lupusontario.org
jbutler@lupusontario.org
walkablock@lupusontario.org
marnis@lupusontario.org

**DON'T WAIT TO DONATE
CALL LUPUS ONTARIO
1-877-240-1099**

Until next time, take care!

Julia Kane

IN THIS ISSUE

<i>President's Message</i>	1
<i>Café Scientifique</i>	2
<i>National Patient Symposium</i>	3-4
<i>Dance For The Cure's "Viva Las Vegas" Raises \$130,000</i>	5
<i>Thank You to from CaNIOS</i>	5
<i>Ladies Night</i>	5
<i>Lupus Ontario Announces Paediatric Fellowship</i>	6
<i>Walk a Block for Lupus</i>	7
<i>2nd Annual Koski Kup Raises \$4,582 for Lupus</i>	8
<i>Help Find A Cure</i>	8
<i>Dr. Murray B. Urowitz Awarded 2009 Lupus Ontario Hope Award</i>	9
<i>Lupus (And Me)</i>	9
<i>The Fish of the Matter is...</i>	10
<i>Provincial Contacts</i>	11

CAFÉ SCIENTIFIQUE

Personalized Medicine:

How will pharmacogenomics affect the way I manage my lupus?



Join us for an evening of knowledge transfer and exchange on lupus.
Meet and hear from experts in the lupus research community.

Novotel Hotel, Toronto

45 The Esplanade, Downtown Toronto near Union Station

Friday Evening, April 3, 2009

6:00 pm - Informal Reception

6:30 pm - Café Scientifique

7:30 pm - Coffee/Tea & Light Snacks

This is a FREE Event.

RSVP Required for Planning Purposes.

e-mail: jclaudio@uhnresearch.ca

Invited Experts:

Dr. John Rioux (Montreal)

(Geneticist and Immunologist)

Dr. Joan Wither (Toronto)

(Basic Scientist, Immunologist, Rheumatologist)

Dr. Janet Pope (London)

(Clinical Scientist, Rheumatologist)

Complementary coffee, tea, and light snacks provided by AARC Foundation and Novotel Hotel.

Hosted by CaNIOS and Lupus Canada



8TH ANNUAL NATIONAL LUPUS PATIENT SYMPOSIUM

PRESENTED BY LUPUS CANADA, LUPUS ONTARIO &
CANADIAN NETWORK FOR IMPROVED OUTCOMES
IN SYSTEMIC LUPUS (CaNIOS)

ENRICH YOUR HEALTH THROUGH LEARNING

SATURDAY, APRIL 4, 2009

NOVOTEL TORONTO CENTRE

45 THE ESPLANADE, TORONTO, ONTARIO

SEMINAR AND SESSION TOPICS

Patient Perspective: "Keeping a Positive Outlook
on the Lupus Journey"

Gentle Yoga

Pediatrics & Lupus

Multiple Ethnic Faces of Lupus: Similarities & Dif-
ferences

Lupus & Your Kidneys

Living With a Child Who Has Lupus

PLENARY TOPICS

Beware Later Heartache: Lupus & Heart Disease

Living a Healthy Life & Lifestyle



REGISTRATION FEE: \$45.00

For more information, contact Lupus Canada www.lupuscanada.org
email: info@lupuscanada.org | Ph: 905-513-0004 | Fax: 905-513-9516
590 Alden Road, Suite 211, Markham, ON L3R 8N2





ENRICH YOUR HEALTH THROUGH LEARNING

8th ANNUAL PATIENT SYMPOSIUM

PRESENTED BY LUPUS CANADA, LUPUS ONTARIO & CANADIAN NETWORK FOR IMPROVED OUTCOMES IN SYSTEMIC LUPUS (CaNIOS)

NOVOTEL TORONTO CENTRE
45 THE ESPLANADE, TORONTO, ONTARIO
SATURDAY, APRIL 4, 2009

SEMINAR AND SESSION TOPICS

Beware Later Heartache: Lupus & Heart Disease
Living a Healthy Life & Lifestyle
Patient Perspective: "Keeping a Positive Outlook on the Lupus Journey"

PLENARY TOPICS

Gentle Yoga
Pediatrics & Lupus
Multiple Ethnic Faces of Lupus: Similarities & Differences
Lupus & Your Kidneys
Living With a Child Who Has Lupus

LIVING WELL WITH LUPUS: ENRICH YOUR HEALTH THROUGH LEARNING—REGISTRATION FORM | SATURDAY APRIL 4TH, 2009

- I would like to attend the Lupus Ontario Annual General Meeting 8:30 a.m. to 10 a.m. Alsace Room (No Charge) Registration 8 a.m. to 8:30 a.m.
- I would like to attend the Symposium in Toronto. Here is my registration fee of \$45.00 (lunch is included).

Please select which session you prefer to attend from two categories below:

Concurrent Session I (11:40 a.m. to 12:30 p.m.)

Concurrent Session II (11:40 a.m. to 12:30 p.m.)

- Very Gentle Yoga
- Paediatrics & Lupus
- Multiple Ethnic Faces of Lupus: Similarities & Differences

- Lupus & Your Kidneys
- Living With a Child Who Has Lupus
- Gentle Yoga

- I cannot attend the Symposium but I would like to make a donation of \$ _____ in support of this event.

Please charge my: Visa MasterCard American Express **OR** My cheque is enclosed

Card Number: _____ Expiry Date: _____ Signature: _____

Please print clearly. A confirmation letter will be sent to you. Thank you for registering! You may register by phone with a credit card @Lupus Ontario 877-240-1099

Please mail to: Lupus Ontario, 2900 John Street, Suite 301, Markham, ON L3R 5G3. Credit card payments can be faxed to 905-415-9874

NAME: _____ TEL: (_____) _____ E-MAIL: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL: _____

VISIT US ONLINE FOR FURTHER INFORMATION: WWW.LUPUSONTARIO.ORG

Dance For The Cure's "Viva Las Vegas" Raises \$130,000

We did it! We raised \$130,000 dollars for lupus. The big winners of the most recent Dance for the Cure gala, held on January 24th at the Terrace Banquet Centre in Vaughan, are Lupus Ontario, AARC Foundation in support of lupus research at Toronto Western Hospital, and the Lupus Clinic at the Hospital for SickKids.



Tiziana Tolfo and Julia Kane prepare for interview at Rogers TV to promote Dance for the Cure.

Congratulations to Tiziana Tolfo and the committee for another successful event! The dance was a joyous expression of participation. The vivacious Barb DiGiulio hosted, the talented Sammy Davis Jr. and Frank Sinatra impressionists entertained, and the lively music of the Linda Cara Band kept everyone dancing. It was also an evening of friendly competition as guests bid on the live and silent auctions for fabulous items contributed by very generous donors. The top raffle prize was a trip to Las Vegas donated by Air Canada and Vivian Risi of Royal LePage, Your Community Realty.

The event's success was achieved with the outstanding support of: Hampton Securities as Presenting Sponsor; Unilock, Greenpark, Royal LePage, Your Community Realty, and Rose Wood Flooring as Bellagio Sponsors; Rogers TV as Media Sponsor; and Whatever Magazine as Community Sponsor. We thank you.

A special "thank you" to all the volunteers: You are truly generous in your gift of time and good will.

Thank you also to the 730 guests who joined us as we "Danced for the Cure." We are working together to conquer lupus.

Margaret Vatalaro, Ph. D.

Thank You to Lupus Ontario from CaNIOS

At the Dance For the Cure fundraising event on January 24, 2009, CaNIOS member Dr. Murray Urowitz was awarded the Lupus Ontario Hope Award for outstanding leadership in improving the lives of people living with lupus. In acknowledging the award, Dr. Urowitz spoke about the highest degree of patient participation in research. He was referring to "patients being participants in lupus research, and funding research to find a cure for lupus."

The Dance for the Cure has been raising funds for Lupus Ontario, the Pediatric Lupus Clinic at Sick Kids Hospital in Toronto (CaNIOS Centre 20), and the Arthritis and Autoimmune Research Centre (AARC) Foundation at University Health Network. The proceeds that the AARC Foundation receives specifically support the Systemic Lupus International Collaborating Clinics (SLICC) and its registry, and the University of Toronto Lupus Clinic Registry (CaNIOS Centre 17) at Toronto Western Hospital.

At the same event, Julia Kane, President of Lupus Ontario, presented a \$20,000 donation to CaNIOS. Thank you, Lupus Ontario, for the ongoing partnership. This donation will secure the activities of the National Coordinating Centre and allow for several studies to continue. CaNIOS is thankful for the support it has enjoyed from all of the lupus organizations in Canada since 1995. CaNIOS has become an influential network that is poised to make significant contributions nationally and internationally.



HOSTED BY
LIFFORD WINE AGENCY

They will entertain you with their razor wit and wicked humour and perhaps even give you a few tips on home design matters like manicures, knotty pine and why you should always keep a close eye on the family dog!

Thursday, April 16, 7 pm – 9:30 pm Fermenting Cellar, Distillery District

In support of lupus research at Toronto Western Hospital.

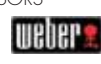
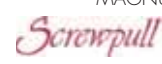
Tickets: \$99 (includes a copy of Colin & Justin's HOME HEIST STYLE GUIDE – value \$32)

To order, or for more information, call 416 440 4101 or email wineevents@liffordwine.com
www.LiffordWine.com

LIFFORD
LIFFORD WINE AGENCY

Toronto Western Hospital
University Health Network

JEROBOAM SPONSOR



MEDIA PARTNERS

THE GLOBE AND MAIL

WINEACCESS
Canada's Wine & Food Magazine

VINES



MAGNUM SPONSORS

FOOD PARTNERS



Lupus Ontario Announces Paediatric Fellowship Sponsored by Dance for the Cure

We would like to share with you the following letter from Dr. Earl D. Silverman, MD, FRCPC, Professor of Paediatrics and Immunology at the University of Toronto, Director, SLE Clinic, and Senior Scientist, Division of Rheumatology at the Hospital for Sick Children.

January 21, 2009

On behalf of myself and my colleagues I want to again thank you for the generous support of Lupus Ontario to establish the **Lupus Ontario Fellowship Supported by Dance for the Cure** with a 5-year commitment of \$250,000.

The Lupus Ontario Fellowship Supported by Dance for the Cure will be used to provide the major funding support of a third year of subspecialty training of a Rheumatology fellow in the Pediatric Lupus Clinic at the Hospital for Sick Children. The Lupus Ontario Fellowship is a priority of the Division of Rheumatology and as such The Division of Rheumatology will provide all necessary funds to fulfill the balance required for this fellowship. I want to thank Lupus Ontario for providing \$50,000 annually for salary and to state my commitment, on behalf of the Division of Rheumatology, to provide the remaining balance of salary support.

The year will be dedicated to pediatric lupus and the fellow will provide clinical care to children/adolescents with SLE from throughout the province. The fellow will also attend the Neonatal Lupus Clinic. In addition, the fellowship will include a dedicated research component whereby the fellow will work with clinical and/or basic researchers to develop clinical/translational or bench research projects to further scientific and applied knowledge in the area of Lupus. Fellows will also work toward preparation of abstracts/manuscripts for peer review and publication, and for presentation at scientific meetings. Canadian candidates will be given preference when possible, but Fellowships will be awarded to the best candidate regardless of citizenship.

This fellowship would be awarded to a different student on an annual basis for a minimum of five years. The fellow would be chosen by an open competition and would be advertised to the pediatric rheumatology both in Canada and world-wide. Local applicants will be sought within our training programme, Canadian trainees via the Pediatric section of Canadian Rheumatology Association, and international trainees at international Pediatric Rheumatology Meetings. The competition would be adjudicated through a committee within the Division of Rheumatology at Sick Kids which would be chaired by myself.

Lupus Ontario's visionary support to this fellowship program is vital to enabling our progress in this area, and helping us better care for our growing population of children with lupus.

"Walk a Block for Lupus" May 9-10, 2009



“Block off” this May 9-10th for the Walk a Block for Lupus 2009!

We are well on our way with new ideas, great team players and lots of enthusiasm. We started our sponsorship campaign early this year and have implemented new approaches and excellent opportunities for all participants. This year’s goal is \$400,000.00 and in order to reach this goal we will need additional walk areas. Our target for 2009 is 250 walk sites totalling 5000 walkers across the province and we know that if we all work together we can reach this ambitious goal.

Here is a chart that can help you break down pledge donations. With this chart it should be easy for you to help us reach our *Walk a Block for Lupus 2009* goal.

Suggested Donation Plan	Amount Raised
Ask 4 family members for \$25.	\$100
Ask 5 friends for \$15	\$ 75
Ask 6 co-workers for \$20	\$120
Ask 5 neighbours for \$10	\$ 50
Ask 4 businesses for \$25	\$100
Approach 11 people you don't know for \$5	\$ 55
Total Raised	\$500.00

In the last year *Walk a Block for Lupus* raised over \$365,000 in Ontario. We all work extremely hard and dedicate much time to this important annual event. We already have 102 Team Leaders on board for the 2009 *Walk a Block for Lupus*. If you are interested in joining a team, volunteering your time to help with *Walk a Block for Lupus 2009* on May 9-10th or would like to have your own walk, please call the Lupus Ontario office at 1-877-240-1099 or locally at 905-415-1099 and ask to speak to Juanita. There are many areas where your help is welcome and needed.

“Let’s keep working together to conquer lupus!”

2nd Annual Koski Kup Raises \$4,582 for Lupus



The Koski Kup is an annual co-ed charity street hockey tournament hosted by Jordy and David Koski to honour the memory of their father, George Koski. The goal of the tournament is to bring people together in a fun and social environment, and to raise money to improve the lives of those living with lupus.

The second annual tournament was twice the size of the first, and also twice as much fun! The one-day tournament took place on Saturday, October 4th at Riverdale Park East, just south of Broadview and Danforth in Toronto.

The Koski family would like to thank all the participants, sponsors and donors who made this event such a success. Lupus Ontario would like to express our greatest appreciation to Jordy and David and their friends and family who help us make a difference for people with lupus. Join us next year for this exciting event!



HELP FIND A CURE

Even Children Are
Diagnosed with Lupus



www.lupusontario.org



LCBO STORES RAISE FUNDS FOR LUPUS ONTARIO

Starting March 1, 2009, the public can help support Lupus Ontario by making a donation at any of the 650 LCBO stores throughout Ontario. Donation boxes for Lupus Ontario will be displayed at LCBO checkout counters until March 31, 2009.

Lupus Ontario is the largest provincial voluntary organization dedicated to improving the lives of people living with lupus through advocacy, education, public awareness, support and research.

Please visit a store near you and check to make sure that the boxes with our ad are prominently displayed. Introduce yourself and thank the personnel for their support.

"The LCBO's province-wide store network is a wonderfully effective way to raise awareness and funds to support research and our hope of a cure. We appreciate this opportunity and the support we receive from the LCBO, its employees and especially its customers," states Julia Kane, President, Lupus Ontario.

"We are pleased to partner with Lupus Ontario," says LCBO President and CEO Bob Peter. "LCBO's customers and staff have always responded generously to worthy causes, and we appreciate whatever they can give to help their fellow Ontarians."

Lupus Ontario is one of 26 provincial and numerous local charities that will benefit from the LCBO's province-wide donation box program in 2009. Last year, \$1.3 million was raised through LCBO's in-store donation boxes. In addition, LCBO's annual dividend transfer to the Ontario Government, which totalled \$1.345 billion in fiscal 2007-08, excluding taxes, supports a wide range of important government programs, services and priorities, including health care and education.

Dr. Murray B. Urowitz
Awarded the 2009
Lupus Ontario
Hope Award



Murray B Urowitz,
FACP, FRCPC, MD

Senior Scientist
Division of Health Care
& Outcomes Research
Toronto Western
Research Institute
(TWRI)

The Centre for Prognosis Studies in the Rheumatic Diseases consolidates out-patient care, teaching and research on rheumatic diseases within one clinic location. A strong focus of the centre is its use of "databank" research. The Lupus Databank Research Program has one of the largest databanks of its kind internationally.

This research brings hope and a belief in a positive outcome related to events and circumstances in one's life. Hope implies a certain amount of perseverance, i.e., believing that a positive outcome is possible even when there is some evidence to the contrary. Hope is to cherish a desire with anticipation.

We celebrate the hope given to us by the dedication of Dr. Murray Urowitz, a leader who was already persevering in his search for answers for lupus in 1970. He is a founder of the Lupus Databank Research Program, whose numerous findings have changed the way lupus is diagnosed and treated. His caring treatment of all who are referred to him, and his constant support as a medical advisor, speaker, educator and advocate for the lupus community, show his generosity of time and spirit. We are proud to present to Dr. Murray Urowitz, with profound respect, this year's Lupus Ontario Hope Award.

LUPUS (AND ME)

THIS WOLF I TRY TO TAME
FIERCELY CONTINUES HIS GAME

SOME DAYS CALMLY LAYING SUBDUED
TRICKS ME WITH A GENTLE MOOD

FORGETTING THAT WITHIN HE STILL LURKS
I FEEL THAT I HAVE TAMED HIS QUIRKS

UNBURDENED FOR A SHORT WHILE
I ESCAPE FROM THE WOLF'S GUILF

CAUTION TO THE WIND I HAVE THROWN
COMMON SENSE FROM ME HAS FLOWN

BASKING IN THE SUN I FIND
A CREEPING FEELING SENT TO REMIND

THAT THE WOLF'S ACCOMPLICE IS THE SUN
IT HAS AWAKENED HIM – RESPITE UNDONE!

WHEN HE WILL STRIKE, YOU CANNOT TELL
THOUGH I KNOW HIS BITE QUITE WELL

PLAYING HIS GAME, TIME AND AGAIN
FIRST HE SLEEPS, THEN HIS BREATH'S AFLAME

LOVE AND SCIENCE HAVE SEEN ME THROUGH
NOW THE WOLF'S VISITS ARE BECOMING FEW....

Helen DiTommaso,
Hamilton,
November 2008



The fish of the matter is...



Adding fish to one's diet makes for a good source of healthy oils such as omega-3 fatty acids; but as Dr. Ellie Aghdashi, a registered nutritionist, notes, you do not want to be chased by cats, and good things don't come cheap.

Fish oil: Why should you take it?

The two essential fatty acids, EPA & DHA, have been known to improve blood lipids, blood circulation, and concentration as well as promote healthy joints and skin. They are also helpful in preventing atherosclerosis, heart attacks, depression and various forms of cancer. Omega-3 fish oils may also benefit lupus activity as well as cardiovascular effects for patients with lupus, according to research presented at the American College of Rheumatology Annual Scientific Meeting in 2007. The American Heart Association recommends 2 servings (6 oz) of fish per week if you don't have a heart condition. But if you do or you have elevated blood lipids, you need to consume 1-4 g/day of EPA/DHA. To give you an idea of what this equates to in real terms, first, the amount of oil you will get from eating fish is dependent on factors such as what type of fish and how it's cooked. To get the American Heart Association recommended intake of 1 g/day EPA/DHA from the diet, you would have to consume a 3-oz portion of baked salmon, or 7-oz portion of halibut, or 12 oz portions of cod, oyster or shrimp every single day, 7 days a week. Imagine if you were to get 4 g/day of EPA/DHA to reduce your blood lipids, you would have to eat only fish and nothing else. Do you really want to be eating that much fish? Only if you want to be chased by cats! While plant sources such as flaxseed will provide the body with omega-3 oil, it contains α -linolenic acid (omega-3 fatty acid in vegetable oils), which is converted poorly and inefficiently

Omega-3-fish oils may also benefit lupus patients according to a research presented at the American College of Rheumatology in 2007.

into EPA/DHA and thus is a poor substitute for marine-derived omega-3.

Can fish be replaced by fish oil capsules?

Based on a study in the University of South Dakota, it makes no difference whether we get our omega-3s from a fish oil capsule or in fish; they have the same effect as far as enriching our tissues with omega-3s. Nevertheless, eating fish will contribute to much more than just omega-3s.

Fish, whether fresh, or canned, will provide you with iron, phosphorus, iodine; as well as good quality protein. But if you were to consume more than 3-4 servings of fish per week to get the benefits of omega-3s, you may have to add some fish oil capsules to your daily intake.

Is there something fishy in your fish oil?

Eating fish twice a week is well recommended, but there is a "however": be aware that some fish contain toxins. Fatty predatory fish like mackerel, lake trout, albacore tuna, and salmon may be high in omega-3 fatty acids, but due to their position at the top of the food chain, these species can accumulate toxic substances such as PCBs (toxic contaminants) and mercury. For this reason, the FDA recommends limiting consumption of these fish species especially for women who are pregnant or might

EPA and DHA have been known to improve blood lipids, blood circulation, learning and concentration, as well as promote healthy joints and skin.

become pregnant; those breastfeeding and young children should all keep the high-mercury fish to a maximum of once a month.

Bearing in mind the toxicity problem, one might think it's safer to get omega-3s from supplements, but here's the "catch." Fish oil is made from the very same fish in the sea, so supplements can be toxic too unless of course it has been purified. There are 3 types of fish oil supplements available: 1. Cod liver oil is produced from the liver of fish where most of the toxins are stored, so cod liver oil can potentially contain a high level of pollutants, 2. Standard fish oils are produced from the flesh of the fish, and they too can contain impurities, 3. High-grade fish oil has an advantage in that not only have all the impurities been removed, the oil can be concentrated to contain much higher levels of omega-3 and so fewer capsules are required in order to produce the same effect. So, the best fish oil capsules are...what is referred to as "Pharmaceutical Grade." Also, when you buy fish oil capsules, make sure it is produced from smaller non-predatory fish (anchovies, herring and sardines) and make absolutely sure it is a molecularly distilled product (usually written on the label) ...this is the only process that is guaranteed to remove the impurities from the oil before it is encapsulated. Also remember, good things are not cheap!

This article originally appeared in the January 2009 issue of "In Touch," the CaNIOS newsletter.



Lupus Ontario

2900 John Street, Suite 301
Markham, ON L3R 5G3
Tel: 905-415-1099
Fax: 905-415-9874
1-877-240-1099 (ON only)
E-mail: info@lupusontario.org
Website: www.lupusontario.org

LUPUS ONTARIO BOARD OF DIRECTORS

Julia Kane, *President (EC)*
Tina Sarta, *Vice-President (EC)*
Emily Leung, *Treasurer (EC)*
Sharon Coslett, *Board Secretary (EC)*
James Christopher, *Director of Fund Development*
Gloria Checkley, *Director of Volunteer Management*
Tiziana Tolfo, *Director of Public Awareness*
Laverne Nimigon, *Director of Member Services*
Kevin Stannard, *Director at Large*
Anne Matheson, *Director of Communications*

LUPUS CANADA

590 Alden Road, Suite 211
Markham ON L3R 8N2
Toll Free (in Canada): 1-800-661-1468
Phone: 905-513-0004
Fax: 905-513-9516
Email: lupuscanada@bellnet.ca
website: www.lupuscanada.org

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.

PROVINCIAL BRANCHES

Toronto & GTA Region

Toronto West Branch and Support Group
North Toronto Branch Support Group
North Toronto Support Telephone Support
Markham Telephone Support and Support Group
Durham Support Group
Downtown Toronto Support Group

Eastern Ontario Region

Lindsay Support Group
Ottawa Branch
Ottawa Central Day Group
Ottawa West End Evening Group

Central Ontario Region

North Barrie Support Group
South Barrie Support Group
Collingwood Support Group
Norfolk County Support Group

Northern Ontario Region

Utopia Telephone Support
(for parents of children with lupus)
Dryden Information Group
Sudbury Branch
Thunder Bay Branch and Support Group
Sault Ste. Marie Branch and Support Group

South Central Region

Hamilton Support Group

Western Ontario Region

Brantford Support Group
Windsor Branch
Ridgetown Support (Chatham Area)
Kitchener/Waterloo Support Group
Bolton Support Group

Ontario Teen & Young Adult Support

Please contact office for information.

If you would like to contact Lupus Ontario's provincial branches or support groups, please call 904-415-1099 (or toll-free at 1-877-240-1099). Juanita Butler, SSW and Provincial Support Group Liaison, will pass the request to the appropriate person. Thank you!

The deadline for the Summer 2009 issue of Lupus Link is April 15. Please send submissions to editor Jaclyn Law at jaclynlaw@hotmail.com.

Member Organizations

BC Lupus Society

200-1645 West 7th Avenue
Vancouver, BC V6J 1S4
Tel: 604-714-5564
Fax: 604-714-5555
1-866-585-8787 (BC and Yukon only)
Email: info@bclupus.org
www.bclupus.org

LE Society of Saskatchewan

Box 88, Royal University Hospital
103 Hospital Dr.,
Saskatoon, SK S7N 0W8
Tel: 204-942-6825
1-877-566-6123 (SK only)
Email: less@sasklupus.com
www.sasklupus.com

Lupus Society of Manitoba

105 - 386 Broadway Ave.,
Winnipeg, MB R3C 3R6
Tel: 204-942-6825
Fax: 204-942-4894
1-888-942-6825 (MB only)
Email: lupus@mts.net
www.lupusmanitoba.com

Lupus Foundation of Ontario

294 Ridge Rd. N., Box 687,
Ridgeway, ON L0S 1N0
1-800-368-8377 (ON only)
Tel: 905-894-4611
Fax: 905-894-4616
Email: lupusont@vaxxine.com

Lupus Ontario

(see contact information above)

Lupus New Brunswick

23 - 13 Ivan Ct.,
Moncton, NB E1C 8T3
1-877-303-8080 (NB only)
Tel/Fax: 506-384-6227
Email: lupins@rogers.com

Lupus Society of Nova Scotia

P.O. Box 38038,
Dartmouth, NS B3B 1X2
Tel: 902-425-0358
Fax: 902-798-0772
1-800-394-0125 (NS only)
Email: lupussocietyns@medscape.com

Lupus Newfoundland & Labrador

P.O. Box 8121, Station A, Kenmount Rd.,
St. John's, NF A1B 3M9
Tel: 709-368-8130
Email: lupusnfld@nl.rogers.com

Lupus P.E.I.

Tel: 902-892-3875
Email: bargri@pei.sympatico.ca

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

50,000 Canadians Have Lupus

There is a shortage of rheumatologists
(your dollars help train them)

A cure is still far away
(your dollars help increase research)

There aren't enough Lupus Clinics for treatment & research
(your dollars will support lupus clinics across the province)

Early diagnosis is critical
(your dollars will help increase awareness and early diagnosis)



Why Would You Walk For Lupus?

- 1. I have lupus and I am walking to support my hope of a cure through research.*
- 2. I love someone who has lupus and I am walking to show my support of them.*
- 3. I know someone who has lupus (over 30,000 people in Ontario may have lupus) and I am walking to support their hope of a cure.*
- 4. I want to make life better for people living with lupus through my caring support.*
- 5. I can make a difference.**

www.lupusontario.org



Printed with vegetable based inks.

Proudly designed and printed by Magnum Fine Commercial Printing Limited www.magnumprinting.com