

Lupus Ontario's ONLINE Newsletter "Lupus Link" Volume 1 - January 2018

Lupus Ontario, 10-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099

[Visit Our Website](#)

President's Message

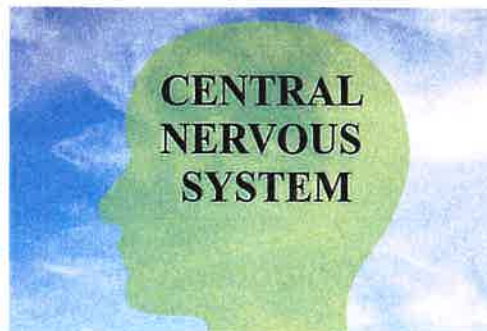


The New Year gives us an opportunity to look back on what we have accomplished and make our plans for going forward. In 2017, as well as providing our usual support and education services and sponsoring the Geoff Carr Lupus Research Fellowship, Lupus Ontario initiated on-line support group meetings and completed the development for our new website which was launched the first week in January. In 2018, we look forward to celebrating our 40th Anniversary. We hope you can join us on April 14th at our Annual General Meeting (AGM) and Medical Symposium for a special luncheon honouring our founding members. Lupus Ontario would not be able to exist without the support of our donors, sponsors, volunteers and our dedicated staff. I thank each and every one of you for the commitment and the on-going support in helping us continue to expand and improve our services in 2018. Wishing you all a Happy and Healthy New Year!

Central Nervous System with Lupus

Information provided by: Lupus Ontario's Facts Booklet - "Living Well With Lupus Facts"

While we don't completely understand the mechanisms by which lupus affects the central nervous system, we know that there are several neurological syndromes that affect many people. Although cognitive impairment is believed to be very common in lupus, few patients undergo specific testing to document it. Symptoms include difficulty finding words and retrieving information. People with the condition often refer to it as "lupus fog".



A five-year study on cognitive function, called Brain CONNECTIONS, evaluated lupus patients every four months with a variety of tests. In one test, participants were given a

list of words and asked to recall them after about 10 minutes. Although most participants had problems recalling the words, they were able to pick out the original 10 words from a list of 20 words. This indicates interference with access to the information that exists in the brain.

[Read more...](#)

Upcoming Events

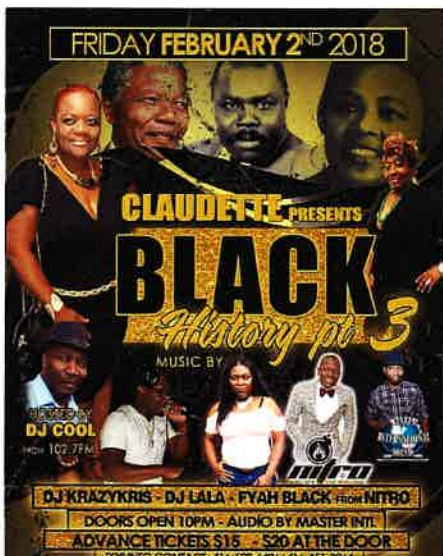


Italian Dinner, Dance and Silent Auction **MARCH 3, 2018**

Riviera Events and Convention Centre
2800 Highway 7W, Concord, ON

To Purchase Tickets please Click [Here](#)
For More Information, please visit

www.lupusitaliandinner.com



Black History Pt 3 **FEBRUARY 2, 2018**

Jamaican Canadian Association,
995 Arrow Road, North York, Ontario
For more information please contact
Claudette at 416-528-6406 or 416-451-8864

**Lupus Ontario's Annual General Meeting & Medical
Symposium Saturday April 14, 2018**



Annual General Meeting & Medical Symposium

APRIL 14, 2018

Holiday Inn-Yorkdale
3450 Dufferin Street,
Toronto, Ontario

40th
ANNIVERSARY

HAPPY ANNIVERSARY

ANNUAL GENERAL MEETING

MEDICAL SYMPOSIUM

SAVE THE DATE
April 14, 2018

HELP US CELEBRATE
Our Founding Members and Volunteers
at a special noon luncheon!

RSVP

To Register or for more information, please
call Lupus Ontario @ 1-877-240-1099

Purchase your ticket today!

LUPUS ONTARIO MEMBERS—\$45.00

NON-MEMBERS—\$60.00

Dr. Murray Urowitz will be our Keynote Speaker during our special noon luncheon. We will also have guest speakers and exhibitors throughout the day. Hotel rooms are also available at a discounted rate of \$169.00 + tax for single/double occupancy; please call Karen Furlotte at the Lupus Ontario office to book your hotel room by April 5, 2018. (In order to receive the discount, you must book your hotel room through Lupus Ontario). To Register please print and complete the registration form. You can email the form to jbutler@lupusontario.org, fax to 905-415-9874 or mail to Lupus Ontario, 25 Valleywood Drive, Unit 10, Markham, Ontario L3R 5L9

[Printable Registration Form](#)



The Walk for Lupus Ontario is underway. We already have walks confirmed in cities across Ontario:

Ajax	Rotary Park	Saturday, June 2, 2018
Barrie	St. Vincent Park	Saturday, May 26, 2018
Bothwell	Optimist Park (Scott Hutt)	Saturday, May 12, 2018
Brampton	Gage Park	Saturday, August 25, 2018
Downtown Toronto	Nathan Phillips Square	Sunday, July 22, 2018
Hamilton	Bayfront Park	Saturday, May 5, 2018
Kitchener	Victoria Park	Sunday, May 27, 2018

Mississauga	Erindale Park	Saturday, August 11, 2018
Whitby	McKinney Centre	Saturday, August 18, 2018
Woodstock	South Hill Park	Saturday, June 2, 2018

If you would like to have a walk in your area, please call Juanita Butler at 905-415-1099 or toll free 1-877-240-1099. You can also email her at jbutler@lupusontario.org

The Walk for Lupus Ontario website www.walkforlupusontario.org will be going live for the 2018 site on January 31, 2018. You will be notified by email when the site has become available for donations and to register at any one of our walks across Ontario.

Arthritis & Rheumatism

Effect of Complete or Partial Proteinuria Recovery on Long- Term Outcomes of Lupus Nephritis Long-Term Prognosis of Proteinuria Remission in Lupus Nephritis.

Authors and Doctors; Jorge Medina-Rosas, William A. Fung, Jiandong Su, Zahi Touma.

To continue to read this article:

[Arthritis & Rheumatism](#)



Dr. Zahi Touma, MD PhD

Lupus Ontario Has a New Look!

Big news! After months of hard work, we are releasing an updated Lupus Ontario website. Our brand identity changed a few months ago and now our new website reflects this great change. It includes a new logo, colors, and font. You'll see our new look everywhere including social media like Facebook, and Twitter.

(Heidi to add a blurb about the new online newsletter)

Your membership makes this possible. Bringing us into the 21st century will help increase public awareness. Help us by sharing our new website with all your contacts.

www.lupusontario.org

Volunteers Needed

Get Involved with Lupus Ontario. Volunteer, host a fundraiser, attend a health symposium or support group, or become a supporting member. These are only a few of the many ways you can be part of the lupus community. We want you to join our team. It's a great opportunity for you to make a positive difference in our community. Call Us Today at 1-877-240-1099.or visit <http://www.lupusontario.org/get-involved/>

Easy Recipes

A simple recipe for a light afternoon.
Blueberry Yogurt Muffins and Chunky Chicken Salad

[Read more...](#)



Lupus Ontario's Board of Directors

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Gloria Checkley	Board Secretary
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Kevin McGill	Director at Large
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Lindsay Clarke	Director at Large

Lupus Ontario | 1-877-240-1099 | Email | Website

Mission Statement

Lupus Ontario is a team of caring and enthusiastic volunteers and staff who are passionately committed to helping those with lupus live longer and better by raising funds that deliver vital support, education, awareness and research.

Goal: Life Without Lupus!

STAY CONNECTED:



Lupus Ontario, 25 Valleywood Drive, Unit 10, Markham, Ontario L3R 5L9 Canada

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Sent by info@lupusontario.org in collaboration with



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