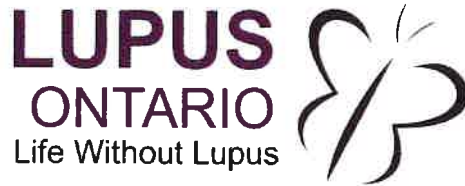




January 2018
Lupus Link Magazine Online Newsletter
VOLUME 3



Lupus Ontario's ONLINE Newsletter "Lupus Link" Volume 3- March 2018

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

Visit Our Website

Message from the President

By Linda Keill

This month the focus of our newsletter is on kidney disease and lupus. As many of you know lupus can have a severe effect on kidneys and in some cases result in kidney failure. There is no known cause of lupus nephritis and no cure. At Lupus Ontario we are striving to increase awareness of the impact of lupus on major organs and to raise the funds required for more research into managing and hopefully finding a cure. We hope that the information and healthy lifestyle tips in our newsletter will help you find encouragement and improve your well being.



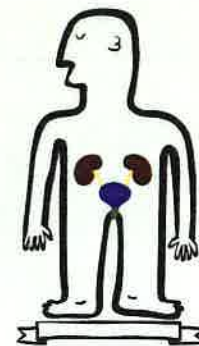
Holistic Nutrition and Kidney Disease

By Cathy Ferren RHN

Kidneys are organs of the urinary system for filtering and excreting toxins. They help the liver filter blood and they also help the body reabsorb filtrate of useful organic materials like minerals.

Kidney disease risk factors include: malnutrition, malabsorption, dysbiosis, chronic constipation or chronic diarrhea, acidic blood, sugar, excessive ingesting of calcium containing antacids, high cortisol from stress, alcohol, diabetes, prediabetes, metabolic syndrome, dehydration and some prescription drugs like ibuprofen.

[Read more...](#)



How lupus affects the renal (kidney) system

Information provided by: resources.lupus.org

Lupus is an autoimmune disease that can affect almost any part of your body, most often your joints, skin, kidneys, heart, lungs, blood, or brain. Your two kidneys are part of your renal system, which also includes two ureters, the bladder, and the urethra. As the primary organs of the renal system, your kidneys are responsible for:

- Maintaining the correct amount and type of body fluids
- Removing waste products and toxic substances
- Regulating the hormones (chemical messengers) that help control blood pressure and blood volume



[Read more...](#)

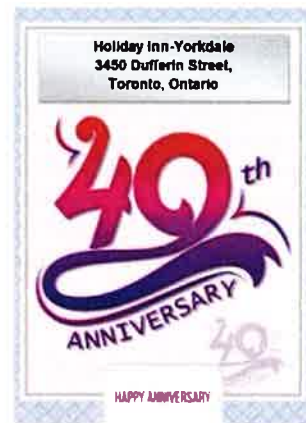
Upcoming Events

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

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 plus 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.

Please visit www.walkforlupusontario.org to find a walk near you.


If you would like to organize your own walk, please call Lupus Ontario at 1-877-240-1099

Lupus Ontario Lights the Night in Purple for World Lupus Day, May 10, 2018

LIGHT
UP THE
NIGHT...

Lupus Ontario
Lights the Night in Purple!

LUPUS ONTARIO
Life without limits



SPREADING LUPUS AWARENESS
IN COLOUR!

IN HONOUR FOR THOSE WHO
BATTLE WITH LUPUS EVERYDAY
AND IN MEMORY
FOR THOSE WE HAVE LOST!

MAY 10, 2018

CN TOWER & CITY HALL



CN TOWER

We are very excited about Lighting the Night in Purple to Honour those who battle Lupus everyday! Lupus is a debilitating, life-altering, life taking disease. The CN Tower, Toronto's City Hall and Niagara Falls will light the night in purple on May 10, 2018. This will help us spread the much needed lupus awareness.



CITY HALL

The CN Tower, Toronto's City Hall and Niagara Falls will be Lighting the Night in Purple from Dusk until Dawn on May 10, 2018. Please have your camera's ready to take as many photo's as possible and post immediately on social media. Help us spread lupus awareness in hopes of one day finding a cure!

NIAGARA FALLS



NIAGARA FALLS IN PURPLE



[PDF Version Download](#)

"I Started to Realize that I CAN Love Myself"

By; Cathy Stephens

I was just recently diagnosed with Lupus. In March of this year, 5 days before a family holiday in Florida. I have actually had Lupus symptoms for decades, but I received the official diagnosis on the phone, while on a Field trip with my Grade 11 Phys. Ed students. I imagine we all remember where and when we were first diagnosed. I suppose I was somewhat relieved to find the cause of the 13 large, flaming red lesions all over my face, but I was also devastated. I was angry. For the first 6 months, I called my Lupus, my 'Stupid Lupus'. I was so embarrassed by the lesions on my face, I was frustrated by other symptoms I was experiencing, and I resented that I could no longer enjoy my active, outdoor lifestyle. I was a Phys.Ed teacher, an adventure racer and a mom and stepmom to 4 very active kids. I was worried about how my Lupus would affect my family, and how it would affect my long-term health and wellbeing.

[Read More...](#)

FIT TIPS

If you want to get back into fitness after time off or health issues or you want to start fitness for the first time, finding a home workout plan to get the ball rolling would be the easiest method. I have found joining a challenge group to be very helpful and provides daily support. The word 'challenge' can be scary to some, but you can choose something easy and work up to a difficult challenge. Plan the workout as a short or long challenge. You may have to try a few plans to get the one that clicks and fits with you. There is no need to join a challenge with fees and reoccurring product orders. I have found many that are free. Pick the one that suits your needs and health situation. Once you have found the one you like, talk to your doctor to make sure it is suitable for you. It is important to listen to your body, start slow and balance exercise with good nutrition and rest.



[Continue Reading...](#)

"Lupus Ontario strongly encourages anyone thinking about starting a new exercise routine to consult with their primary physician before doing so. Depending on disease activity there could be certain limitations when it comes to physical activity."

Easy Recipes

Mediterranean Salad

The Mediterranean Salad Recipe provided by Denise Lappas. She is currently working on her Health and Information Management Diploma. She dedicates some of her valuable time working with Lupus Ontario. Denise does not like to cook, however, when she makes an appearance in the Kitchen, it is gourmet all the way!

Stamppot - Traditional Dutch Recipe

What is Stamppot? (pronounced as Stump Pot)

Stamppot (English: Mash pot) is a traditional Dutch dish made from a combination of potatoes mashed with one or several vegetables and pork.

Click on each recipe to learn how you can make these gourmet recipes.

What's Happening with You!

Natalie Samaroo Continues to Raise Funds and Hope for Lupus Research!



Natalie Samaroo was diagnosed with lupus since 2005; she was diagnosed with lupus but lived with it her whole life. She had a number of flare-ups over the course of the next seven years, some of which forced her to be hospitalized.

[Continue Reading...](#)

Tribute to Randi Nielsen Mom and a Wife Who Made an Impact.

By Heidi Neilson and Kirsten Card

Randi was my Mom whom I lost last December. She left me with wonderful memories, great life lessons and an empty space in my heart.

I want to share the impact my mother had on me over the last 20 plus years, they are so important to me. While I went through the good, the bad and the ugly times with lupus I didn't always see what I see now.

[Continue Reading...](#)

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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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