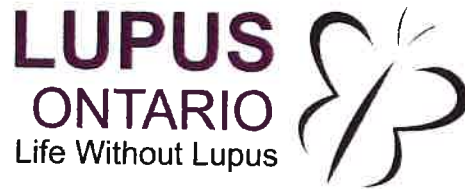




January 2018
Lupus Ontario's Online Newsletter
Volume 5



Lupus Ontario's ONLINE Newsletter "Lupus Link" Volume 5 - MAY 2018

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

[Visit Our Website](#)

"Balancing Act: Lupus, Activity and Rest"

Activity and rest; the yin and yang of good health, especially if you have Systemic Lupus Erythematosus (SLE). On the one hand, regular exercise helps prevent joint stiffness, promotes a healthy weight and reduces stress. On the other hand, rest can also reduce stress, relieve inflammation of joints, restore energy, and help you deal with the fatigue that is so often the hallmark of lupus. Unfortunately, fatigue may prevent you from being physically active, while the lack of physical activity may make you feel even more fatigued! The key is to find a balance that works for you.

Health in Motion

The benefits of physical activity are well known and worth repeating. When you exercise on a regular basis, you:

- Improve your circulation and lung capacity
- Make it easier to reach and maintain a healthy weight
- Help prevent health problems that may be associated with lupus, including type 2 diabetes, heart attacks, strokes and osteoporosis
- Strengthen your muscles and prevent your joints from getting stiff
- Reduce fatigue and stress
- Improve your quality of life, overall health and sense of well-being

With all these benefits to be gained, it's not surprising that exercise is strongly encouraged for people with lupus, especially during flare-free periods.

"Regular physical activity" doesn't mean running marathons or intense sessions at the gym. In fact, starting slow and exercising moderately are key. Remember, overdoing it can be as bad as not doing anything at all.

[Living Well with Lupus Fact Booklet](#) (Continue Reading on Page 55)

Five things to know before starting an exercise

routine!

Outdoor activities can be highly beneficial to people with lupus. However, it's best not to jump right into a rigorous exercise program. It's better to ease your body into the idea of working out.

Lupus patients can and should take part in physical activity. Before doing this, you should discuss with your physician or physical therapist what the best type of exercise will be for you.

Whether you are beginning (or renewing) an exercise routine now, or whether you have been working out throughout the year, there are a few key things that all people with lupus should know about exercise.

[Read more...](#)

Information Provided by: Lupus.org

THANK YOU

DocTalk

Members of Lupus Barrie and Lupus Ontario were thrilled to have Dr. Kostas Tselios, a Rheumatologist from the Lupus Clinic at Toronto Western Hospital join them during their DocTalk information session relating to Autoimmune Conditions & Heart Health. Guests were able to ask questions related to their own health concerns or of those who they care for.



[Read More...](#)

Italian Dinner, Dance and Silent Auction



The Annual Italian Dinner Dance and Silent Auction took place on March 3rd at the Riviera Event and Convention Centre situated in Concord. Guests were entertained with an antipasto, prizes, music, and dancing that honored a significant condition affecting North America.

[Read More...](#)

Scotiabank Toronto Waterfront Marathon

For the past two years, Lupus Ontario has been chosen to participate in the Scotiabank Toronto Waterfront Marathon Charity Challenge which happens each fall during the Marathon Race Weekend. The Scotiabank Toronto Waterfront Marathon is a world renowned running event that attracts nearly 25,000 participants, including Olympians and top ranked runners, and features a 5 km race, Half Marathon (21.1 km) and Full Marathon (42.2 km) distances. The Charity Challenge gives charities an opportunity to fundraise and raise awareness for their cause during and leading up to the race weekend.



In 2016 we had 24 people register for one of the three race events and raised just under \$9,000. This past October, we had 40 individuals run/walk for Lupus Ontario, raising an incredible \$13,850! Lupus Ontario has been selected once again and are looking for those who want to run or walk as part of the team on Sunday October 21, 2018! Please register for Lupus Ontario by clicking [here](#).



LSM Insurance had another successful Bowl for Lupus on May 4, 2018 at World Bowl in Markham, Ontario. The weather was against us with torrential rain fall and very high winds making it close to impossible to drive in. There were down poles and trees, but mostly all people registered for the event showed up...bad weather could not hold them back.

There was an amazing raffle with giftcards from Old Spaghetti Factory and the Keg and lots of Beer Buckets, also a \$100 Visa giftcard. Lorne Marr, LSM Insurance, received an award from Lupus Ontario commemorating 5 years of "LSM Insurance Bowl for Lupus."

We truly appreciate your continuous support and your very generous contribution. LSM Insurance has been a very strong supporter of Lupus Ontario over the years for which we are very grateful. Your contribution as helped us raise much needed funds for lupus research.

Upcoming Events



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



VOLUNTEERS MATTER



Volunteers are the foundation of Lupus Ontario. Without the compassion, the will to want to volunteer precious personal hours and the need to make sure it gets done from the volunteers, we are no where.

Sharon Lyon and Jacqueline Bennett have dedicated many personal hours in organizing a Lupus Support Group that took place in North Toronto for the past 4 years. They have inspired and helped many people with lupus to continue to find the resources they need to live better with lupus. Sharon and Jacqueline has also helped with events within the organization.

Laura and Rob Piccione and Sandra Williams-Reid have been Volunteering with Lupus Ontario for almost 15 years. Their dedication and passion will never go unnoticed. They are truly a gift to Lupus Ontario. Laura organizes the Lupus Support Group in the Durham Region along with Sandra Williams-Reid. Offering much needed resources and information to the many who have lupus. Rob, Laura and Sandra also organize one of Lupus Ontario's biggest Walk's for Lupus Ontario in Ajax. The passion and commitment they have make their walk event very successful. The Ajax Walk will be taking place at Rotary Park - Ajax on June 2, 2018. Please visit www.walkforlupusontario.org for more information and to donate and register.

Thank you all for your hard work. Without you, Lupus Ontario would not be where we are today.

Easy Recipes

Cook to enjoy! Take time out of your busy day to cook. Cooking can help relieve stress, to help decrease worry and can make for a happy time with the family. Click on the recipes below for a taste of greatness.

Pina Colada Cheesecake

and

Tomato Pasta with White Bean Soup

What's Happening with You!

"We Have a Diagnosis" by Betty Bellamy

"We have a diagnosis: systemic lupus erythematosus." It was New Years Eve, Dec.31, 1961. I had no idea what this meant but felt relief that all the symptoms of the past five years now had a name!

I was a patient at University Hospital, seven and a half months pregnant, admitted Boxing Day with fever, sore throat and ear infection. I was placed in isolation; my fear was diphtheria, scarlet fever, or other communicable disease which might harm my baby. A joint visit from my family doctor and hematologist on New Years Eve was obviously not routine; they informed me that finally "LE cells" had been found, confirming the diagnosis, and eagerly shared their combined files re SLE with me - eight or nine pages of up to date medical information. They further suggested that I refrain from reading any dated lupus related literature and recommended that I remain in hospital until the birth of my baby in early February. I instantly felt that I was in competent hands, having two supportive doctors to whom I could turn.

[Read More...](#)

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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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