

### President's Message

By Cathy Ferren



Welcome to the new year full of choices for your health and wellness.

Save the date for the AGM - Annual General Meeting and LED Lupus Education Day, Saturday, May 9, 2020.

The new Toronto Youth Support Group started January 8. Next meeting is Feb. 3.

### Event: Italian Dinner Dance and Silent Auction

Don't Miss Out on the Fun this year! Grab your tickets Today!



## HELP US RAISE MONEY FOR LUPUS RESEARCH

You're invited to our annual  
Dinner, Dance and Silent Auction.

Saturday, February 29<sup>th</sup>, 2020  
Riviera Event Centre, 2800 HWY 7, Vaughan

Doors open at 5:30pm | Antipasto Bar 6-7pm | Sit Down Multicourse Dinner | Dance  
Open Bar | Silent Auction | Raffle | 50/50 Draw | Door Prizes  
Adult \$100 | Child \$50 | Table of Ten \$950

For more information or to purchase tickets **call toll free 1.877.240.1099**  
email us at [info@lupusontario.org](mailto:info@lupusontario.org) or visit [lupusitaliandinner.com](http://lupusitaliandinner.com)

All proceeds go to Lupus Ontario. Charitable #883331472RR0001

### 2020 Membership Campaign

**Please take a moment and renew your 2019 membership for 2020.**

Lupus Ontario is now in its 43<sup>rd</sup> year serving the Ontario Lupus Community. Your membership and research donations enable us to continue funding research, running patient support groups (online and in person) and educating the public about lupus and its impact. Please visit our website at [www.lupusontario.org](http://www.lupusontario.org) to review our membership benefits which include preferred pricing at many of our educational events.

If you can, please include a research donation along with your membership payment. Both your membership and research donation are eligible for a tax receipt. Your research donation will be allocated to the Geoff Carr Lupus Research Fellowship and other research projects as funding allows.

### Donating Your Body to Research

#### Whole Body Donations

Lupus Ontario has had a number of inquiries about this topic.

The Ontario Ministry of the Solicitor General has a web site that explains what you have to do  
[https://www.mcscs.jus.gov.on.ca/english/DeathInvestigations/WholeBodyDonation/DI\\_body\\_donation.html](https://www.mcscs.jus.gov.on.ca/english/DeathInvestigations/WholeBodyDonation/DI_body_donation.html)

"In Ontario, medical schools or Schools of Anatomy are dependent upon the generosity of persons willing to donate their bodies to train future medical professionals, enhance skill sets and expand knowledge.

Donating your body to science is different from donating organs and tissues to a living person. (For information on donating organs and tissues to a living person, please visit the [Trillium Gift of Life website](#).) Body donation means that your *whole body* is donated to a Schools of Anatomy for educational and research purposes only.

It is important that you make your wishes to donate your body known to your next-of-kin. You may also indicate your wishes in your will."

Please visit their web site for complete instructions on how to make these arrangements.

#### Organ Donations

<https://www.giftoflife.on.ca/en/>

## Save the Date AGM 2020 & Lupus Education Day Saturday May 9

### Medication and Grapefruit - Proceed with Caution

Written by Florence Tew

A common and ordinarily harmless addition to a Sunday morning brunch is a sweet, refreshing glass of grapefruit juice. Not only is it delicious, it has many nutritious health benefits, including being high in antioxidants and low in calories. However, don't dive into a glass of this tasty, citrus beverage just yet.

It could be a pamphlet included with your medication, or a warning sticker on the pill bottle itself. If you are currently taking or have taken medicine in the past, you have likely come across a label warning you about eating grapefruit while taking specific drugs.

#### What the Experts Say

If you are currently using medication to treat Lupus, there is a good chance that your pharmacist has told you to avoid consuming grapefruit. In the days following my Lupus diagnosis, the hospital's pharmacist came into my room to discuss my medicine. She spent an hour explaining all of these new pills to me. This included various side effects,

[www.lupusontario.org](http://www.lupusontario.org)

#MotivationalMonday #WarriorWednesdayLO #TastyThursday

Lupus Ontario, 21-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099 or 1-877-240-1099 interactions, and a strong emphasis on avoiding grapefruit. Overwhelmed and reeling from my recent diagnosis, much of that conversation was a blur.

Years later, I transferred all of my prescriptions to a new, online pharmacy after moving far away from my previous one. As a new patient to this virtual pharmacy, the pharmacist called me on the phone and took the time to go over all of my medication with me. As he went through and discussed all of my prescriptions one by one, there was a common and familiar theme: grapefruit. Based on the number of times this topic came up during our conversation, I was beginning to understand why grapefruit was off-limits.

Raj Gulia, my pharmacist and co-founder of the [online pharmacy](#) PocketPills, explained the important role a pharmacist plays in a patient's medical care:

"As pharmacists, we review all current medication, over the counter products and supplements for possible drug interactions before dispensing a prescription. We also advise patients when they should take their medication with or without food, and, as appropriate, which foods to avoid."

### Which Medications are Affected by Grapefruit?

While it doesn't affect all medication in each of these categories, some types of medicine that are affected by grapefruit juice include the following:

- immunosuppressants
- cholesterol-lowering drugs (also known as statins)
- calcium blockers
- psychiatric drugs
- pain medications
- HIV medication
- antiarrhythmics

### Why and How does Grapefruit Interact with Medication?

According to [Drugs.com](#), drugs are metabolized (or broken down) so that the body can eliminate them. Our bodies have special enzymes called Cytochrome P450 3A4 (also known as CYP3A4) that help facilitate this process.

Grapefruit lowers the activity of these critical enzymes. In addition to this, grapefruit has compounds in them known as furanocoumarins. These compounds BLOCK CYP3A4 from working as they should. With grapefruit juice working against your body's natural enzymes, the levels of the drug in your body may increase. This increase may result in toxic levels of the drug remaining in your bloodstream, which can cause dangerous side effects.

Some of these side effects may include low blood pressure, heart issues, bleeding in the stomach, muscle breakdown/pain, kidney damage, etc.

Grapefruit can affect medication, even if consumed 24 hours prior. For that reason, it is best to avoid grapefruit juice for the entire duration of your treatment with the given drug. Be sure to speak with your doctor or pharmacist about the medicines you are on and whether or not you should avoid consuming grapefruit.

### Toronto Youth Support Group Monday Feb 3rd

There will be a new support group for youth starting in 2020. It will be held downtown at the Toronto Public Library, College/Shaw Branch, 766 College Street, M6G 1C4, Shaw Meeting Room.

All youth under 18 must be accompanied by a parent or legal guardian. We welcome our new facilitator Joy Phillips. If you are interested in joining this group email us at [info@lupusontario.org](mailto:info@lupusontario.org)

Once the dates and exact location are determined, they will be posted on the support page at [http://www.lupusontario.org/?page\\_id=210](http://www.lupusontario.org/?page_id=210)

Proposed dates are Mondays: February 3, March 2, April 6 and May 4, 2020. Time TBA on web site support page.

### Peer Support Groups

Lupus Ontario offers in person and online peer support groups.

Check the support page on the web site for schedules and locations. Peer support groups are a safe place to share your lupus journey and learn from others in the group what has worked for them. They are not therapy sessions. Check the Support page on the web site for locations and schedules. Imagine never having to leave the comfort of your safe place, no need to travel and not having to worry about the ever changing weather; join us for our live online audio/visual lupus peer support group.



Lupus Ontario, 21-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099 or 1-877-240-1099

NEW WINDSOR support group stay tuned for dates and time.

You need to **REGISTER IN ADVANCE**. After registering, you will receive a confirmation email containing the link and information about joining the meeting. Provincial Meetings are 7 to 8 pm EST. The time varies for other online support meetings see <https://www.lupusontario.org/support/>

January 14 click <https://zoom.us/meeting/register/7bd87f5e584e63fac5b9141539e44ee6>

February 11 click <https://zoom.us/meeting/register/43d281af847dcf1b8c34be5db4a05ad8>

March 10 click <https://zoom.us/meeting/register/ba3dc7ffba894880dc2040ba88984b7b>

## Lupus Education Days and Online Workshops

The Lupus Ontario Support and Education Committee organizes information and education events about lupus, treatment, coping and support.

**Lupus Education Days** or **LEDs** include a variety of speakers and presentations on lupus related topics. Whenever possible, an education day includes a rheumatologist, pharmacist, and other treatment professionals.

**Online workshops** are generally one (1) hour long online meetings with Q&A time at the end. Watch for a special workshop emails and social media posts. Details at [www.lupusontario.org/education/](http://www.lupusontario.org/education/) Let us know if there is a particular topic you are interested in. We will do our best to find a suitable presenter on the topic.

### Upcoming webinars:

#### Tuesday January 21 at 7 pm on Fermentation: Probiotics on Your Kitchen Counter

Registration URL <https://zoom.us/meeting/register/tJAud-uurz0pP687q-uB0TO3lgeL7uzNeg>

#### Tuesday February 21 at 7 pm on Intermittent Fasting

registration URL <https://zoom.us/meeting/register/tZAvCuCgqj0p2K0UaL9BDwUcUSBCLNiAlw>

#### Tuesday March 24 at 7 pm Relaxation Part 1

registration URL <https://zoom.us/meeting/register/u50rfuyozwqXuofdq0EVcm484mrUXnsSQ>

## Relaxation: Breathing to a Count

Breathing to a count increases your ability to breathe slower and deeper. It also lowers the stress hormone cortisol which can cause inflammation.

Sit or lie down comfortably. Inhale for a count of two seconds, then exhale for a count of two seconds, saying to yourself inhale one, two, exhale one, two. Once you get the idea of breathing in rhythm, start an increasing progression; inhale for a count of three seconds and then exhale for three seconds.

Next, inhale for a count of four seconds and then exhale for four seconds. Continue, increasing the number of seconds, until you reach a comfortable limit, then work your way back down.

If you got as high as inhaling and exhaling to a count of twelve seconds, go back to eleven, then back to ten, and so on, until you reach a very comfortable pace, maybe five seconds and maintain that pace.

In one or two weeks you will notice a measurable increase in the number of seconds to your inhale and exhale, and a deeper sense of relaxation each time you practice this.

Try breathing to a count for five minutes. How did it feel? Write down the date and how it felt.

You can do this breathing sitting, laying down or mindfully walking. Breathing to a count can be a simple meditation.

The more you practice it the easier it becomes to do it without thinking about it. You will naturally breath more fully not just into the top of your lungs, but gently down into your diaphragm as well. This helps you get more oxygen into your body and helps you exhale more toxins.

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### Foods for Cold and Flu Season

Written by C. Ferren RHN

My fall and winter, "stock up for winter plan" includes many foods, herbs and supplements.

I use the antibacterial, antiviral and anti-fungal properties of dried herbs from my potted garden such as rosemary, thyme, oregano and sage to help my immune system and support the good gut bacteria.

The allicin in onions and garlic, the beta carotene in carrots, squash and sweet potatoes, the vitamin C and other phytonutrients in all the fruits and veggies also help my immune system and overall nutrition status.

My fall and winter supplements include zinc lozenges, vitamin C, grapefruit seed extract, oil of oregano (food grade), tea tree oil, high potency B complex and vitamin D3. Many clients also stock ColdFx in case they need it. Additionally, I often switch from cold smoothies to a hot smoothie or soup like beverage. I often drink hot veggie broth or chicken stock instead of tea during cold weather.

When I do feel a sore throat or a tickle, I drink sage and yarrow tea, eat more garlic and use zinc lozenges. Hot lemon water is also soothing. If I feel a cold coming I up the rosemary, thyme, oregano and sage including them in every meal. If I feel flu like I start with grapefruit seed extract, eat less animal foods, and push fluids like clear soup stock. Peppermint tea helps if something has upset my digestion.

Perhaps some of these things I do might help you this cold and flu season. Ask your health care professional if any of these are right for you.



### 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!**