

# The Saskatchewan Lupine

## LUPUS SK SOCIETY INC. (LUPUS SK)

Registered Charity #119025880 RR0001  
 BOX 88, Royal University Hospital  
 103 Hospital Drive, Saskatoon, SK S7N0W8  
 1-877-566-6123 [www.lupus.sk.com](http://www.lupus.sk.com)  
 EMAIL: [lupus@lupus.sk.com](mailto:lupus@lupus.sk.com)



Remember to use the Sarcen Drop & Go program  
 for our year round LUPUS SK fundraising!

This fundraiser will work throughout Saskatchewan at each  
 Sarcen Drop & Go location using the ID phrase/code:

**[lupussask](#)**

Throughout the year, you will be helping out LUPUS SK with  
 your donation, PLUS you can bypass the long wait lines!

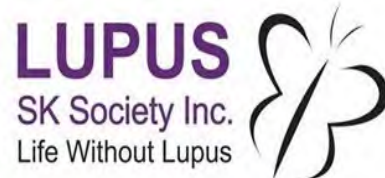
If you have any questions please contact  
 Irene Driedger at:  
 306-227-9562 or [idriedger@sasktel.net](mailto:idriedger@sasktel.net)

## LUPUS SK MAKES IT EASIER FOR YOU!

You can now make donations,  
 re-new or start your membership,  
 and send memorials through  
 E-Transfer.

You can send them on-line to our  
 e-mail at: [lupus@lupus.sk.com](mailto:lupus@lupus.sk.com)

e-Transfer



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Lupus SK is pleased to announce that we are now accepting donations via E-Transfer and PayPal.  
 E-Transfer and PayPal are a safe, convenient way to send funds through the internet. All you need is  
 an email address for e-transfers and a credit card for PayPal! If you would like to make an online contribution to  
 Lupus SK, please visit our website: [www.lupus.sk.com](http://www.lupus.sk.com) and look for the Donate button.

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## **LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2020/2021**

### **EXECUTIVE**

PRESIDENT	Ann van der Wal	306-477-2511	Saskatoon
FIRST VICE-PRESIDENT	Karen Gaudry	306-301-0857	Saskatoon
SECOND VICE-PRESIDENT	**Vacant**		
SECRETARY	Michelle Heichert	306-251-0821	Copper Sands
TREASURER	Irene Driedger	1-877-566-6123	Saskatoon

### **DIRECTORS**

Merle Klein	306-291-4640	Saskatoon
Linda Ulsifer	306-291-3203	Saskatoon
Danielle Rudulier	306-230-7509	Saskatoon

### **NEWSLETTER**

Tammy Schmidt	Saskatoon
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### **SOCIAL MEDIA**

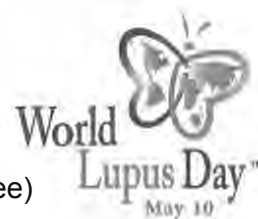
Danielle Rudulier	306-230-7509	Saskatoon
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### **MEDICAL ADVISORS**

Dr. A. Rosenberg
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### **AREA CONTACTS**

PROVINCIAL	Irene Driedger	1-877-566-6123 (Toll free)
ESTON	Lori Reis	306-962-7660
HUMBOLDT	Susan Hall	306-682-3848
LEASK	Derril Rogerson	306-446-2097
MOOSE JAW	Chantelle Cushway	306-631-4699
PRINCE ALBERT	Karen Harder	306-764-4280
RABBIT LAKE/SPIRITWOOD	Merle Klein	306-291-4640
REGINA	Switzuena Whittaker-Gayle	306-502-1090
SASKATOON	Betty Cole	306-382-7136
TISDALE	Kerri Will	306-873-5524
WAKAW	Darleen Lange	306-233-4298
EMAIL-Saskatchewan	Irene Driedger	<a href="mailto:lupus@lupussk.com">lupus@lupussk.com</a>
EMAIL-Canada	Lupus Canada	<a href="mailto:info@lupuscanada.org">info@lupuscanada.org</a>



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## **2021 UPCOMING MEETINGS**



### **Board Meetings:**

**November 27, 2021**



**Annual General Meeting: November 27, 2021**

**ALL MEETINGS HELD AT: Smiley's Buffet & Event Center - 702 Circle Drive E. Saskatoon, SK**

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## PRESIDENT'S MESSAGE

Welcome to Fall, 2021!

Another summer has ended amidst COVID19, along with its variants. These variants are adding another dimension to the pandemic and prolonging it. The percentage of the population being immunized is slowly increasing.

Fortunately the number of cases in Saskatchewan were deemed low enough for the province to 'open up' on July 11st. For the first summer in two years many could visit with relatives and friends, attend social functions and hold special events on a larger scale.

Lupus SK has been able to hold three fundraisers in the late summer. The annual Ticket Raffle will continue in Fall with the draw to be held on October 23rd. Although delayed, the Fall Symposium is rescheduled for November 13th. It will be quite informative. Please post on your social media. Plan to attend and bring family and friends.

Plans are underway for events in 2022. These are challenging times for a charity such as Lupus SK to raise funds and maintain its services. We welcome your ideas for future fundraisers.

Best wishes for good health. Stay safe and continue to enjoy the season.

Warm regards,  
Ann van der Wal President,  
LupusSk. Society



## PRECIOUS MEMORIES

*\*Ashley Patterson*

*Lupus Memorial Cards are available to give a lasting tribute to friends and family who are no longer with us by making a commemorative donation to Lupus SK. The name of your loved one or friend who has passed away, and for whom the commemorative donation has been made, will be printed in the next published issue of The Saskatchewan Lupine, following receipt of the donation.*

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## **Check in from the Social Media Coordinator:**

Lupus SK ran a Facebook contest in June as an opportunity to gain more followers and activity on the Lupus SK page.

Thank you to everyone who participated in the Facebook contest!

Blaynne Lea won our one-night stay at the Travelodge and a Lupus Canada T-shirt! Blaynne has been a member of Lupus SK since diagnosis in 2016 and is wanting to be more involved with Lupus SK as health allows.

~Reminder that our website is updated often, so ensure to check out [lupus.sk.com](http://lupus.sk.com) for all our upcoming events!

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## **DONATIONS TO LUPUS SK GRATEFULLY ACCEPTED**

The majority of Lupus SK's operating costs are covered through the generous monetary and product donations of supporters, sponsors and donors, also the time, energy and expertise of volunteers. Please consider adding Lupus SK to the list of charities to which you donate money, volunteer time, or supply products. All donations help Lupus SK in its efforts to advance research, provide educational symposiums in Saskatchewan, help find more effective treatments, and eventually a cure for lupus.

Today we need your support more than ever!



**WE NEED  
YOUR HELP**

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## **THE SASKATCHEWAN LUPINE**

**Published: January, May, September**

We would LOVE to hear from you! If you have any comments about the newsletter, a personal story, or an article to contribute, please contact us.

### **NEXT ISSUE DEADLINE:**

December 1, 2021

Email: [idriedger@sasktel.net](mailto:idriedger@sasktel.net)

## **MEMBERSHIPS**

Lupus SK would like to remind members that subscriptions fall due on the month you started your membership, and runs for 12 months.

The membership renewal form is enclosed, and we would ask members to kindly complete and return it with your subscription payment (and donation if wished). There is also the option of e-transfer for payment. (Please write in the message your name and what the money is for: donation and/or subscription).

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## **SASKATOON VIRTUAL WALK FOR LUPUS 2021**

For the second consecutive year, there was no gathering at River Landing in Saskatoon for the annual Walk For Lupus.

Due to COVID 19, the annual Walk for Lupus was held virtually. The weather on May 30th was a bright, warm spring day. Participants did their own individual walks – near home, in parks, on hiking trails and on beaches around Saskatchewan.

Lupus SK acknowledges and thanks CTV and Global TV for the public service announcements and interviews. Thank you also to Dr. Alan Rosenberg and our two Board members, Michelle Heichert and Danielle Rudulier who represented Lupus SK on the interviews.

Thanks to all who canvassed and donated to make this virtual event a success! We are looking forward to meeting friends of Lupus SK in person at the Walk For Lupus in 2022.



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## **CROSSMOUNT CIDER CO. ~ YOGA on the LAWN**

Bending...  
Stretching...  
Then sweeping the sky



Despite the overcast weather, yoga took place on the lawn at Crossmount Cider Company on Wednesday, August 18th.

Participants enjoyed a relaxing session led by yoga instructor, Carla Duval Tyler.

Thank You to Tim Duval and staff at Crossmount Cider Company for hosting this fundraiser.

Thanks also to all who attended and donated, it was a beautiful evening.

Bring your yoga mats again next year!

# WALK FOR lupus



## CROSSMOUNT CIDER CO.~YOGA on the LAWN



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## LUPUS SK SOCIETY INC. 2021 ANNUAL TICKET RAFFLE

SLGA Lottery License #SR21-0078

**1st Prize: One-Night Stay at Flora Bora Forest Lodging  
at Emma Lake, SK**

**Three-seasons, non-expiry Gift Certificate donated by  
owner: Karen Wasykyk  
Valued at \$250.00**



**2nd Prize: Wakamow Heights Bed & Breakfast  
at Moose Jaw, SK**

**All seasons, non-expiry Gift Certificate donated by  
owners: Lois & John Knowles  
Valued at \$150.00**

**3rd Prize: North Country Bed & Breakfast  
at Hudson Bay, SK**

**All seasons, non-expiry Gift Certificate donated by  
owners: Norma & Wyman Jennings  
Valued at \$125.00**



**THANK YOU to all sponsors for your generous donations!**

**Tickets are available through Irene Driedger: 1-877-566-6123 or  
email: [idriedger@sasktel.net](mailto:idriedger@sasktel.net)**

**Draw Date: October 23, 2021 at  
Smiley's Buffet and Event Center**



**Funds used for furthering: Education, Public Awareness, and Research into Lupus.**



## **LET'S TALK LUPUS**

Lupus Canada is excited to announce that we are kick-starting our YouTube channel.

With educational and informational lupus videos, such as our "Let's Talk Lupus" series, we hope Canadians living with lupus will be able to use these resources to help them manage their lupus.

Let's Talk Lupus, aims to provide the lupus patient and/or caregivers with accurate up to date medical information on topics of interest.

Lupus Canada surveyed lupus patients throughout the country and asked them, "If you could ask a lupus doctor any question, what would that be?"

We brought your best queries to medical experts from the CaNIOS, a group of Canadian investigators working together to improve outcomes for lupus patients, who answered them in 12 short informational videos.

Lupus Canada's Celebrity Ambassador Patrick McKenna introduces each topic with a prologue at the beginning of the video series.

Watch the videos on the YouTube channel by going to:

<https://www.youtube.com/playlist?list=PLqd5uEPIER8PIPLAY0JV9Cv1IE49qEKV>

*Sourced from: Lupus Canada July 2021 E-Newsletter*

## **SAVE THE DATES 2021**

Wednesday August 18	Crossmount Cider Co. - Yoga on the Lawn
Saturday August 21	BBQ-Attridge Co-Op Saskatoon
Friday August 27	BBQ-Stonebridge Co-Op Saskatoon
Saturday August 28	Lupus SK Board Meeting
Saturday Nov. 13	Fall Symposium
Saturday, Nov. 27	Lupus SK Board Meeting & AGM

**We will continue to cancel/  
reschedule events as  
needed due to Covid 19\***

**DO YOUR PART FOR LUPUS ~  
VOLUNTEER!**

Take the opportunity to do positive work in support of lupus education and awareness by volunteering.

Lupus SK invites you to volunteer at the spring or fall medical symposiums or join a fundraising event today.

**\*\*Please phone toll free  
1-877-566-6123 or email:  
lupus@lupussk.com for details of  
other upcoming events. \*\***

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## **WHAT YOU NEED TO KNOW ABOUT SAPHNELO™**

The U.S. Food and Drug Administration (FDA) approved Saphnelo to treat adults with moderate to severe systemic lupus erythematosus (SLE ) on August 2, 2021. SLE is the most common form of lupus. Saphnelo is the third therapy for lupus to receive regulatory approval since 2011. We have answered some of the most common questions we receive about Saphnelo below

Saphnelo, a human monoclonal antibody, is a type 1 interferon (INF) receptor antagonist that inhibits a key protein in the immune system called the IFNAR receptor. This protein acts like a transmitter, amplifying signals from tiny messengers called type I interferons. This activates many parts of the immune system and can trigger major inflammation. Various studies have found that between 50% and 80% of adults with lupus, and up to 90% of children with the disease, have evidence of elevated type I interferon stimulation which is measured by a test called the interferon signature. This signature is associated with risk for more severe lupus features.

AstraZeneca created a website to provide information about Saphnelo at: [saphnelo.com](https://www.saphnelo.com).

*Sourced from: <https://www.lupus.org/resources/saphnelo-what-you-need-to-know>*

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### **BENLYSTA NOW APPROVED IN CANADA**

#### **in addition to standard therapy for treatment of active lupus nephritis in adult patients**

BENLYSTA (belimumab) has been approved in Canada for the treatment of active lupus nephritis (LN) in adult patients.[i] BENLYSTA is available as an intravenous infusion and a subcutaneous injection.

BENLYSTA has been available in Canada as an intravenous infusion since 2011 to reduce disease activity in adult patients with active, autoantibody-positive, systemic lupus erythematosus (SLE). It was the first SLE-specific treatment approved in over 50 years. Since then, BENLYSTA has also been approved for subcutaneous injection. The recent approval extends the indication in Canada to include both LN and SLE.

BENLYSTA, a human monoclonal antibody, is the first and only biologic approved in Canada for systemic lupus erythematosus and lupus nephritis. This approval follows recent approvals in the US and EU for a similar expanded LN indication.

"Approximately 40% of patients with systemic lupus erythematosus develop active lupus nephritis, which causes inflammation in the kidneys and can lead to end-stage kidney disease. BENLYSTA is the first medicine approved to reduce SLE activity and treat adults with active lupus nephritis. This approval symbolizes new hope to many of the thousands of Canadians living with lupus, a complex and incurable autoimmune disease," said Marni Freeman, Interim Country Medical Director at GSK Canada. "We're proud to bring forward this important treatment advance, not only for Canadian lupus patients seeking options but also for the healthcare professionals who treat them."

"This represents a critical step forward for lupus patients in Canada, many Canadian patients with systemic lupus erythematosus and active lupus nephritis should enjoy healthier and more active lifestyles with this new treatment alternative," said Leanne Mielczarek, Executive Director, Lupus Canada.

To read the full Press Release please visit <https://www.newswire.ca/news-releases/benlysta-now-approved-in-canada-in-addition-to-standard-therapy-for-treatment-of-active-lupus-nephritis-in-adult-patients-815017415.html>

*Source: Lupus Canada August 2021 E-Newsletter*

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## **Lupus Foundation of America and Lupus Canada Award Grant for Study Examining Cognitive Dysfunction in People with Lupus**

Today, the Lupus Foundation of America and Lupus Canada announced Zahi Touma, MD, PhD, Associate Professor of Medicine with the University of Toronto; Clinician-Scientist, Staff Rheumatologist, University Health Network/Mount Sinai Hospital and Michelle Barraclough, PhD, post-doctoral research fellow, University Health Network, as the 2021 Lupus Canada Catalyst Award recipients for their study examining cognitive dysfunction and fatigue in systemic lupus erythematosus.

Drs. Touma and Barraclough will be researching the causes of cognitive dysfunction in patients with lupus.

Cognitive dysfunction can affect up to 75% of people with lupus, which often manifests in the form of cognitive fatigue, or “brain fog.” Brain fog can be a common and disruptive symptom of lupus, routinely reported by patients in clinic.

The study aims to look at ways of grouping people with lupus according to causes of cognitive problems to help develop future studies to test treatments and ultimately improve these symptoms.



*Left: Zahi Touma, MD, PhD; Right: Michelle Barraclough, PhD*

The study will use a brain imaging technique known as functional Magnetic Resonance Imaging (fMRI) to compare the brains of people with lupus to healthy volunteers. This will show if the brains of people with lupus must work harder during cognitive tasks and could explain feelings of “brain fog” due to cognitive dysfunction.

“Cognitive dysfunction is highly prevalent in people with lupus and a commonly reported symptom, however there are limited treatment options available,” shared Dr. Touma. “Because of the support of the Lupus Foundation of America and Lupus Canada, we will be able to improve the assessment of cognitive function in people with lupus and further research in this critical area to ultimately help with future clinical trials and improve the lives of those living with the disease.”

The Lupus Canada Catalyst Award supports and provides funding for one year to Canadian researchers at any stage in their career as they embark on innovative research projects that can advance the lupus field and significantly impact the lives of people with lupus.

“Our partnership with Lupus Canada and the Catalyst Grant program shows the importance of uniting together to support researchers working on groundbreaking studies that can improve the lives of those living with lupus,” said Stevan W. Gibson, president and CEO, Lupus Foundation of America. “Understanding the cognitive impacts of lupus is of critical importance to improving the quality of life for all those that are impacted by this disease.”

“Working together with the Lupus Foundation of America through the Lupus Canada Catalyst Grant program we are ensuring research that can greatly impact people living with lupus has the support it needs while we invest in the brightest lupus researchers in North America,” shared Malcolm Gilroy, Volunteer President, Lupus Canada. “The important work of Drs. Touma and Barraclough studying cognitive dysfunction and fatigue in lupus has incredible promise to improve one of the most common symptoms for those living with lupus, and one that greatly affects their daily lives.”

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## **MEDICAL MARIJUANA(Cannabis) and LUPUS**

### **Here's what you need to know about medical marijuana:**

#### **What is medical marijuana?**

The term “medical marijuana” refers to the use of the marijuana plant or herb, also known as cannabis, to treat symptoms of illness and other conditions. People have used the marijuana plant or its extracts for medical purposes for thousands of years. However, there hasn't been enough research on how marijuana affects people to prove that medical marijuana is safe and effective.

Marijuana contains active chemicals called “cannabinoids.” The main cannabinoid is commonly known as THC, which gives users a “high.” Another often used cannabinoid is known as CBD, which doesn't produce a high and may relieve pain and inflammation. There are also hundreds of synthetic cannabinoid chemicals – chemicals that are created in the laboratory that mimic natural cannabinoids.

Products that contain natural or synthetic THC or CBD come in many forms. These include the dried plant (herb or flower), edibles (brownies, cookies, candy), drinkables (coffee, tea, lemonade, soda), oils, tinctures (which are taken orally), sprays, and topical creams and gels.

#### **What is medical marijuana used for?**

People have used medical marijuana for a variety of health conditions. But the FDA hasn't approved medical marijuana as a safe and effective treatment for lupus – or for any medical condition or symptoms.

The FDA has approved one drug that contains CBD to treat seizures associated with two severe forms of childhood epilepsy. It has also approved three medications containing synthetic cannabinoids that may help treat cancer symptoms or the side effects of cancer therapies.

The research for medical marijuana uses have steadily increased. That research suggests that medical marijuana may be helpful in these conditions and symptoms:

~pain and inflammation~nausea~epileptic seizures~diseases that affect the immune system, like HIV/AIDS and multiple sclerosis (MS)~substance use disorders~mental illnesses.

#### **Has medical marijuana been studied in people with lupus?**

There is only one currently ongoing study of medical marijuana for lupus. That study is looking at whether a potential new drug made from a synthetic cannabinoid can treat joint pain and swelling (inflammation) in people with lupus. The drug, which is called JBT-101 (lenabasum), doesn't produce a high. Several smaller studies of other conditions involving the immune system have reported positive results with lenabasum.

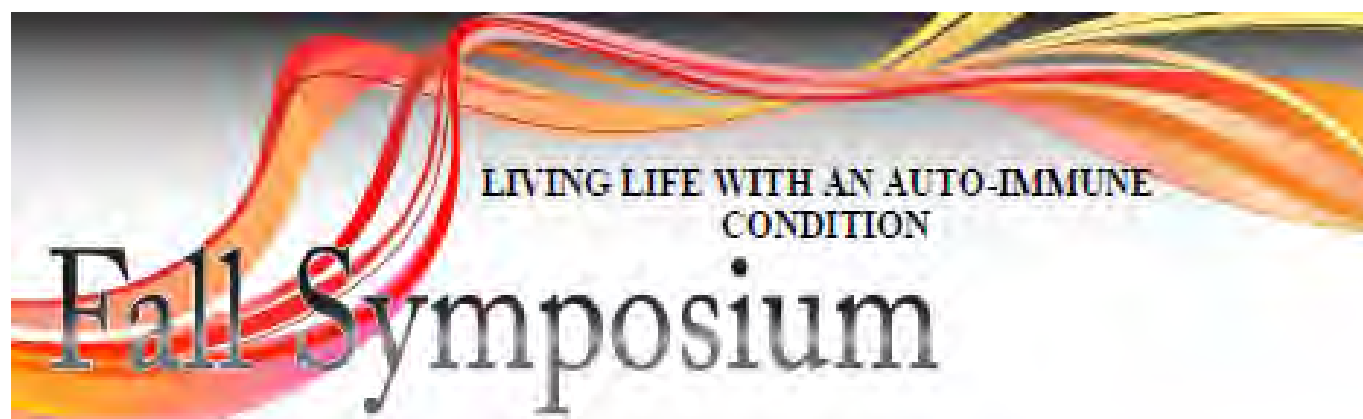
Until more research is done, we don't know if medical marijuana can help people with lupus. We don't know whether it can provide relief from lupus symptoms, if it interacts with drugs used to treat these symptoms, or whether it can lessen the side effects of those drugs.

#### **What should people with lupus do if they're considering using medical marijuana?**

If someone with lupus is thinking about trying any alternative treatments or products – including medical marijuana – they should always talk with their doctor first.

Some of these products might not be safe, may interact with medications, or could make symptoms worse.

There's a great deal that we don't know about whether medical marijuana can help people with lupus. Research is just starting to study how it might help manage or treat lupus.



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**Saturday November 13, 2021**

**Smiley's Buffet & Event Center, Banquet Room B**

**702 Circle Drive E. Saskatoon, SK**

**Saturday:** Registration at 12:30 pm, presentation at 1:00 pm

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**VANESSA HEFFNER**

**CHRONIC DISEASE AND AUTO-IMMUNITY 101**

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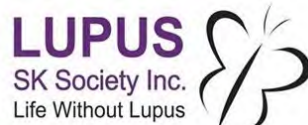
Everyone is welcome including youth with lupus, or any autoimmune disease, those newly diagnosed or veterans, family members, medical personnel, or anyone with an interest in the multitude of questions that surround the diseases included in the term autoimmune.

Admission is free of charge.

Contact the coordinator to pre-register or for further details.

Irene Driedger at 1-877-566-6123 or [jdriedger@sasktel.net](mailto:jdriedger@sasktel.net)

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Saskatoon, SK S7N 0W8 \* 1-877-566-6123

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