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**Best wishes to all for an amazing year ahead!**

**Each day is a new opportunity wishing**

**12 months of adventure**

**52 weeks of success**

**365 days of laughter**

**8760 hours of joy**

**525600 minutes of love &**

**31536000 seconds of happiness**

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**Saskatoon Walk for Lupus**

**Sunday May 25th, 2025**

**Regina Walk for Lupus**

**Sunday May 25th, 2025**

**Both of these walks will be done at your own leisure . Pledge sheets will be on our website, and payments of cash, cheque and e-transfer will be accepted through our email- lupus@lupussk.com**

**LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2023/2024**

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**EXECUTIVE:**

PRESIDENT Ann van der Wal 306-477-5211 Saskatoon

FIRST VICE-PRESIDENT Karen Gaudry 306-716-7584 Saskatoon

SECOND VICE-PRESIDENT Linda Ulsifer 306-291-3203 Saskatoon

SECRETARY Michelle Heichert 306-251-0821 Copper Sands

TREASURER Irene Driedger 1-877-566-6123 Saskatoon

**DIRECTORS:**

**MEDICAL ADVISOR:** Dr. A. Rosenberg Saskatoon

**NEWSLETTER:** Tammy Schmidt Saskatoon

**SOCIAL MEDIA/TECH SUPPORT:** Kelly Fink Copper Sands

**AREA CONTACTS:**

PROVINCIAL Irene Driedger 1-877-566-6123 (Toll Free)

ESTON Lori Reis 306-962-7660

HUMBOLDT \*\*VACANT\*\*

LEASK \*\*VACANT\*\*

MELFORT Rebecca Bauer 306-920-7969

MOOSE JAW \*\*VACANT\*\*

PRINCE ALBERT Karen Harder 306-764-4280

RABBIT LAKE/SPIRITWOOD \*\*VACANT\*\*

REGINA \*\*VACANT\*\*

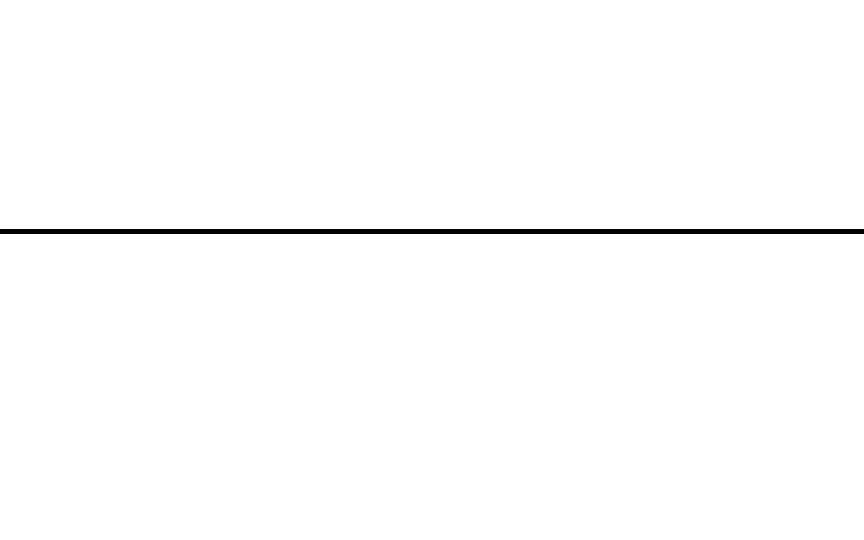
SASKATOON \*\*VACANT\*\*

TISDALE Kerri Will 306-873-0272

WAKAW Darleen Lange 306-233-4298

EMAIL-Saskatchewan Lupus SK [lupus@lupussk.com](mailto:lupus@lupussk.com)

EMAIL-Canada Lupus Canada [info@lupuscanada.org](mailto:info@lupuscanada.org)



**UPCOMING 2025 BOARD/AGM MEETINGS**

**BOARD MEETINGS: APRIL 12, SEPTEMBER 6 & NOVEMBER 29**

**ANNUAL GENERAL MEETING: NOVEMBER 29**

**MEETINGS ARE HELD VIA ZOOM. MEMBERS ARE INVITED TO JOIN THE** **MEETINGS.**

**TO REQUEST THE LINK, PLEASE EMAIL: lupus@lupussk.com**

**PRESIDENTS MESSAGE**

HAPPY NEW YEAR!

What a full and interesting year 2024 has been for us.

As we welcome 2025, we continue to move forward with changes at Lupus SK. The quarterly newsletter can now be accessed on Facebook, and Instagram which will also feature photos from all fundraisers.

In fundraising, last summer we set up a sales table for the annual ticket raffle at our BBQ’s and successfully netted funds. Hopefully we will be able to book several tables this year for ticket sales, provided that volunteers are available. **As the attendance for our group Walk for Lupus at River Landing has been declining, we have come to the decision that Lupus SK will be doing their Walk for Lupus as an individual/group walk that fits for each when it can be done. Pledge sheets will be on our website, and payments of cash, cheque and e-transfer will be accepted (through our email- lupus@lupussk.com).**

The biggest initiative in 2024 was the First Annual Online Auction hosted by McDougall Auctioneers. We sincerely appreciated their expert professional service and are grateful that they have agreed to host our next online auction in October 2025. Please check in to the Lupus SK website and Facebook for further information about these and other events.

Volunteers are the key to success of our organization. There are projects on the back burner, however help is needed to realize them. They range from short one-time tasks to commitments such as serving on the Board.

We invite you to consider joining the Lupus SK team in 2025. Please contact me at k.a.vanderwal@shaw.ca or 306-477-5211. With your input, 2025 can be a banner year for Lupus SK!

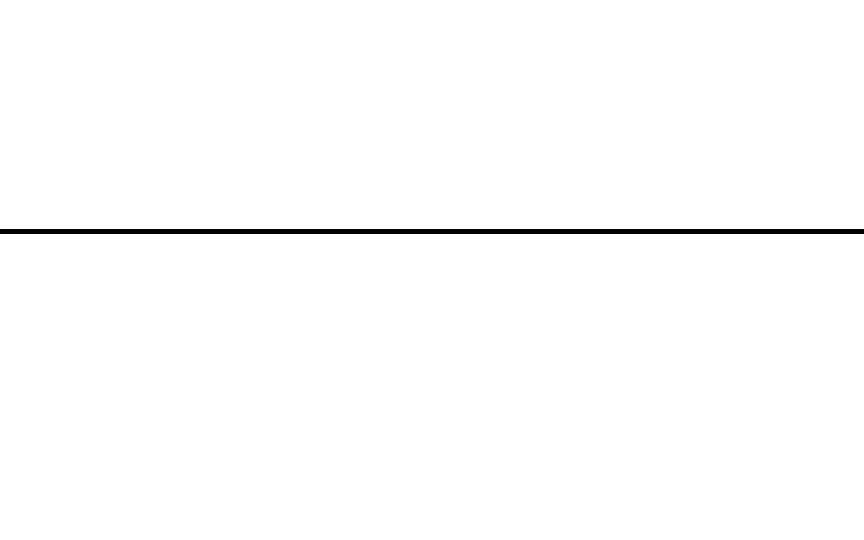
Thank you to the Lupus SK team for volunteering your time, talents and skills. Lupus SK exists because of your commitment and perseverance.

May the spirit of the recent holiday season extend into 2025, with hope, contentment, and health to you and those who are special in your life.

Sincerely,

Ann van der Wal

President, Lupus SK Society Inc.



With warm regards

Ann van der Wal

President, Lupus SK Society Inc

**PRECIOUS MEMORIES**

**~ Audrey Sass ~**

**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 friend or loved one 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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Description automatically generatedHere's a delicious and healthy dinner recipe suitable for people with lupus:

**LEMON GARLIC SALMON WITH QUINOA AND STEAMED VEGETABLES**

**\*Ingredients:\***

1. 4 salmon fillets (6 oz each)

2. 2 lemons, juiced

3. 4 cloves of garlic, minced

4. 1 cup of quinoa

5. 2 cups of water or vegetable broth

6. 1 cup of mixed vegetables (such as broccoli, carrots, and green beans)

7. 2 tbsp of olive oil

8. Salt and pepper to taste

**\*Instructions:\***

1. Preheat the oven to 400°F (200°C).

2. In a small bowl, mix together lemon juice, garlic, and olive oil.

3. Place the salmon fillets in a baking dish and brush the lemon garlic mixture evenly over both sides of the fish.

4. Bake the salmon in the preheated oven for 12-15 minutes or until cooked through.

5. Cook the quinoa according to package instructions using water or vegetable broth.

6. Steam the mixed vegetables until tender.

7. Serve the salmon with quinoa and steamed vegetables.

**\*Why this recipe is suitable for lupus:\***

1. Salmon is rich in omega-3 fatty acids, which can help reduce inflammation.

2. Quinoa is a good source of protein, fiber, and antioxidants, which can help manage lupus symptoms.

3. Mixed vegetables provide essential vitamins, minerals, and antioxidants.

4. Lemon and garlic have anti-inflammatory properties.

**\*Tips and Variations:\***

1. Use fresh herbs like parsley or dill to add extra flavor.

2. Substitute salmon with other fatty fish like tuna or mackerel.

3. Add some heat with red pepper flakes or sliced jalapeños.

4. Use different types of vegetables or add some roasted vegetables for extra flavor.

Remember to consult with your healthcare provider or a registered dietitian for personalized dietary advice.



**2024 LUPUS SK FIRST ANNUAL ONLINE AUCTION**

The Lupus SK First Annual Online Auction hosted by McDougall Auctioneers, was held from October 24, 2024, to November 14, 2024.

Listings included donated gift certificates for a variety of items including destination vacations, sports, restaurants, health and wellness, and art.

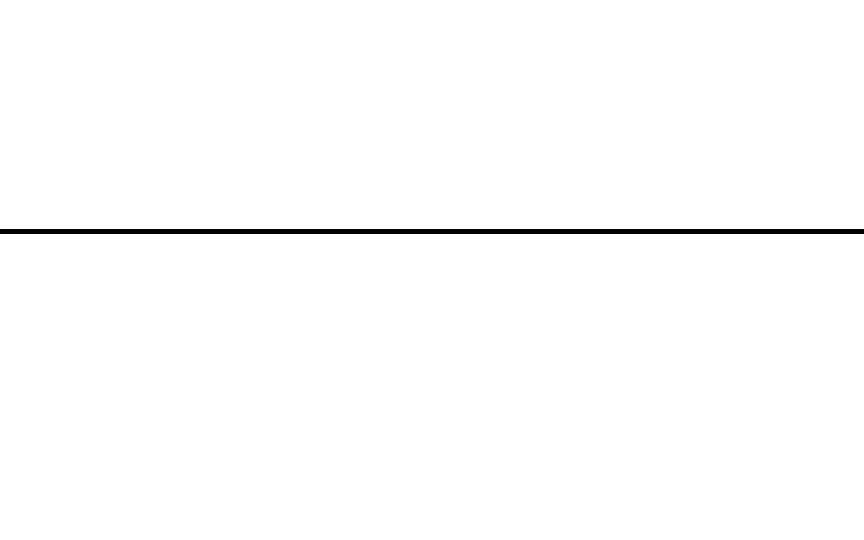
A sincere thank you to the businesses and individuals from Saskatoon, Regina and rural areas for their generous donations.

Furthermore, the auction was a big success due to McDougall Auctioneers being willing to host this event for Lupus SK. We are grateful to Dan DeGagne and his congenial and professional staff who donated their time and skills to make this auction happen. Thank You!

With such a huge success with last years auction, we are pleased to announce that McDougall Auctioneers has agreed to host our Second Annual Online Auction tentatively set for October 6,2025 to October 14, 2025.

Please check updates regularly on Facebook.

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Our Lupus SK Fall Fling was yet another evening full of great company, fabulous food, talented entertainment, and amazing prizes won!

We were not let down by anyone that night!

~To all that turned out to this fundraising event-Thank you!

~To all that bid and won their Silent Auction’s-Thank you!

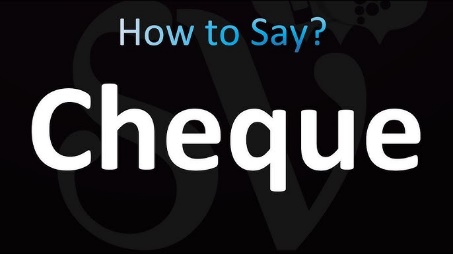
~To Chance Gonzalez-magician-An entertaining crazy unreal show for the evening-Thank you!

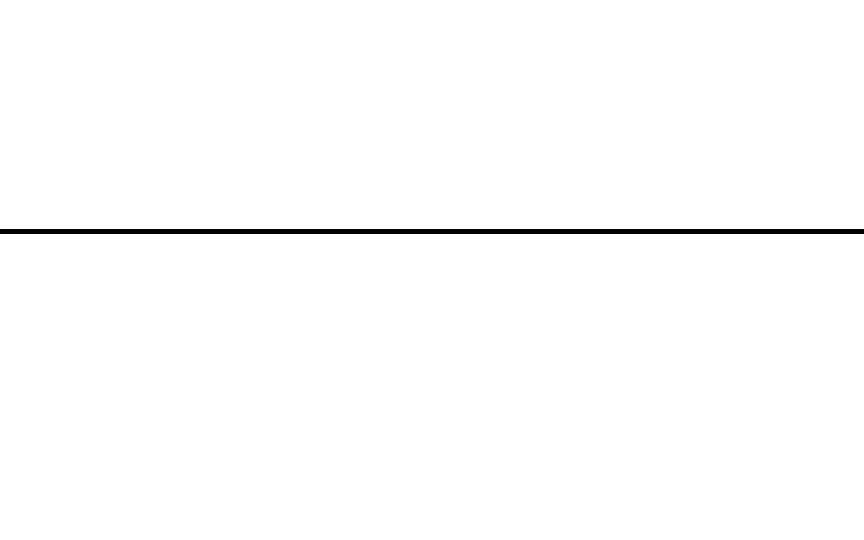
~To Smiley’s Buffet and Event Center-For the extraordinary service, amazing food, and generosity for providing the room for our fundraisers-Thank you!

Thank you to all the volunteers that helped with all gathering of prizes, donations, hours of prep work and set up and take down-couldn’t do this all without you-You are appreciated!

Thank you to all the businesses that donated to this event-it was a successful event because of your generosity!

**LUPUS SK FALL FLING 2024**

A sign with a red circle

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The majority of Lupus SK’s operating costs are covered through the generous monetary and product donations of supporters, and donors.

Lupus SK is run completely by volunteers; through their time, energy and expertise over the years, we have all benefited from their hard work.

Please consider adding Lupus SK to the list of charities to which you donate money, volunteer time, prizes, or supply product towards our fundraisers.

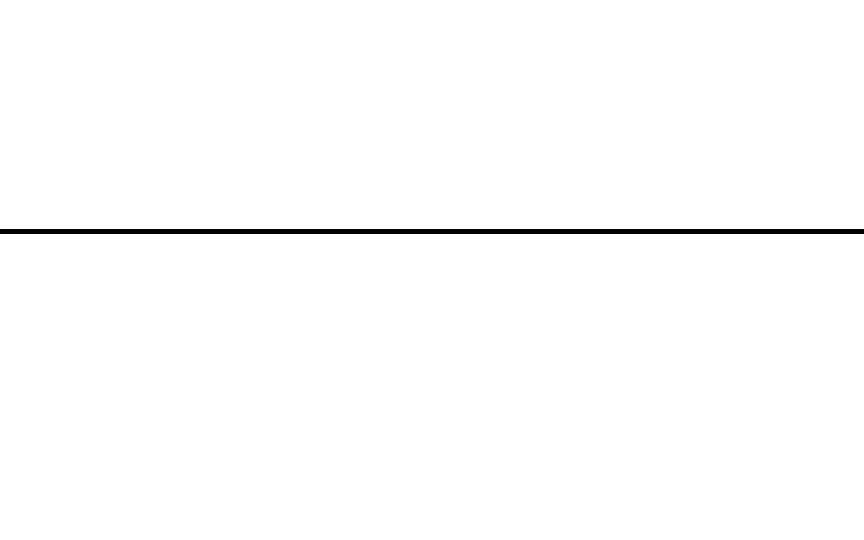
All donations help Lupus SK in its efforts to advance research, provide educational symposiums in Saskatchewan FREE of charge, help find more effective treatments, and eventually discover a CURE for Lupus!

**As of January 1, 2025, we will not be accepting any donations through PayPal as their service fee charges have increased.**

**DONATIONS TO LUPUS SK ARE GRATEFULLY ACCEPTED**

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LUPUS SK "NO-SHOW" GOLF TOURNAMENT

**SAVE THE DATE!**

June 20, 2025, will be our 11th Annual Lupus SK "No-Show" Golf Tournament.

The Lupus SK Society Inc. greatly appreciates the support from many individuals and businesses over the years. As a result of this support, Lupus SK is able to provide many services, education, and awareness projects to people and families living with lupus.

We invite you to assist us in continuing to fulfill our mandate by joining our 11th Annual "No-Show" event. We are a registered charitable organization; therefore, official tax receipts will be issued for all monetary donations over $20.00.

Instead of having to take the day off work, give your employees the day off, arrange for a sitter, etc. you can send a tax-deductible gift to support Lupus SK.

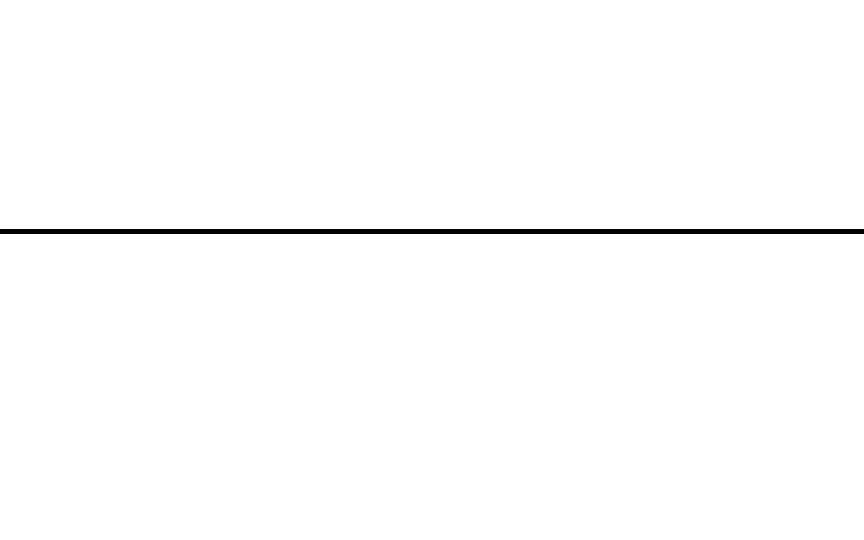
Thank you for all you have done for us in the past, and we hope you can continue with supporting us in the future!

*A warm welcome to April Edwards who is assisting Tammy Schmidt with the research for our newsletter.*

*April is a huge asset to our volunteer group as she is also affected by lupus. She will have the knowledge and a vast perspective of information into what is added into the newsletter.*

*Thank you for your help April!*

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**THE SASKATCHEWAN LUPINE** is published every

January, May & September

We would LOVE to hear from you!

If you have a personal story, an article that you would like to have in the newsletter, or any comments, please contact us through email at: tammyls.5@outlook.com

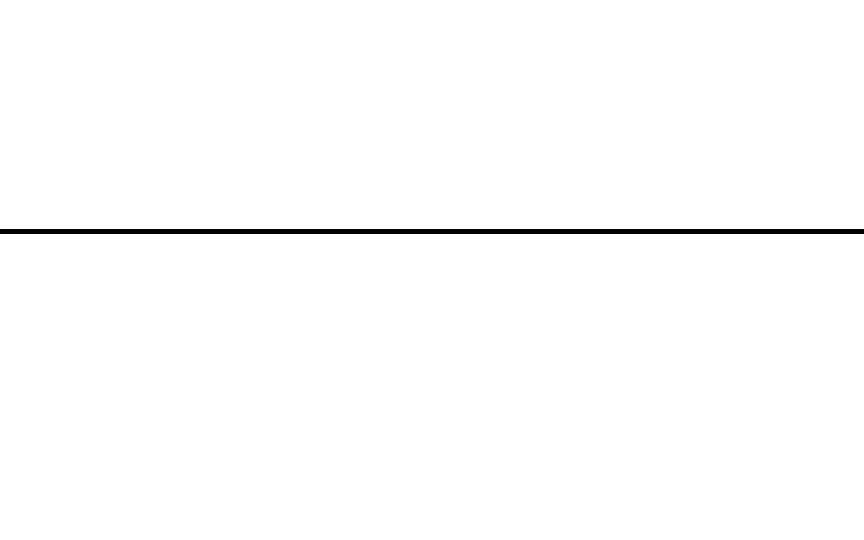
**NEXT ISSUE DEADLINE ~ March 31, 2025**

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A calendar with text and a list of events

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**CHILD'S POSE (BALASANA): A SOOTHING YOGA POSE FOR LUPUS PATIENTS**

Child's Pose is an excellent yoga pose for lupus patients, offering numerous benefits:

1. \*Reduces stress and anxiety\*: This pose promotes relaxation, calming the mind and body.

2. \*Relieves fatigue\*: Child's Pose helps conserve energy, reducing exhaustion and promoting rest.

3. \*Eases joint pain\*: This pose gently stretches the joints, particularly in the hips, knees, and ankles.

4. \*Improves flexibility\*: Regular practice of Child's Pose increases flexibility in the back, hips, and legs.

5. \*Enhances sleep\*: This pose helps regulate sleep patterns, essential for lupus patients who often experience sleep disturbances.

\*How to Practice Child's Pose:\*

1. Kneel on your mat with your knees wide apart.

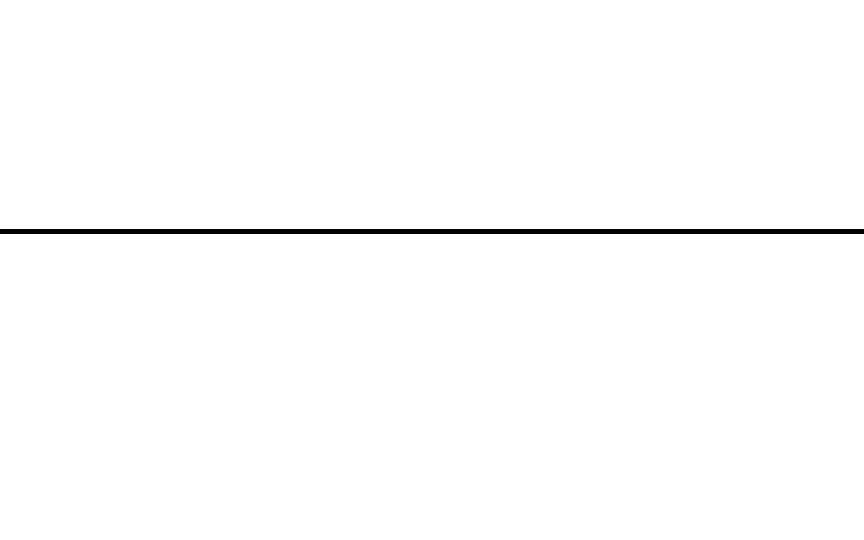
2. Sit back onto your heels.

3. Stretch your arms out in front of you, lower your forehead to the ground, and breathe deeply.

4. Relax your body, feeling the weight of your body supported by the ground.

5. Stay in this pose for 5-10 breaths, feeling the calmness and relaxation spread through your body.

Remember to listen to your body and modify or come out of the pose if you experience any discomfort or pain. Consult with your healthcare provider or a qualified yoga instructor to ensure this pose is suitable for your individual needs.



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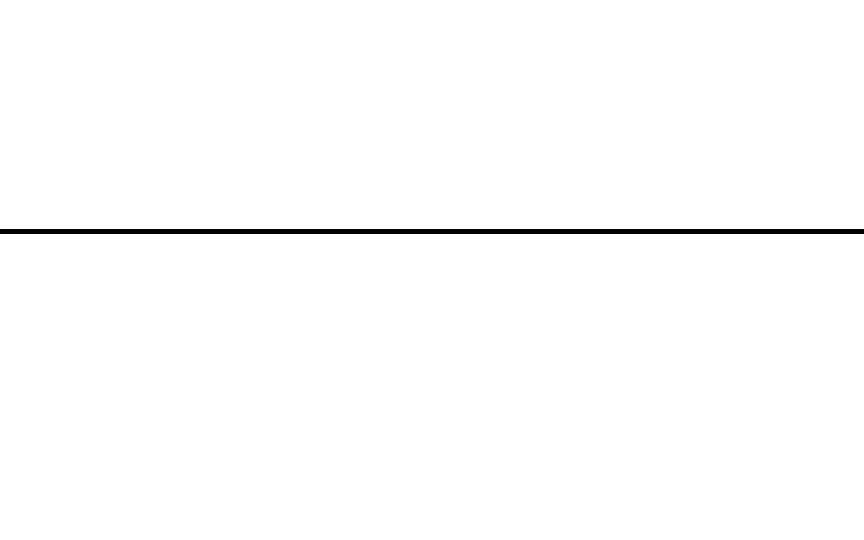
Two cellular defects appear to drive the autoimmune disease that affects more than 1.5 million Americans.

The autoimmune disease systemic lupus erythematosus — known as lupus — affects more than 1.5 million people in the U.S. It can result in life-threatening damage to multiple organs including the kidneys, brain and heart. The causes of this disease have long been unclear. Existing treatments often fail to control the disease, the study authors said and have unintended side effects of reducing the immune system’s ability to fight infections.

But now, Northwestern Medicine and Brigham and Women’s Hospital scientists have discovered a molecular defect that promotes the pathologic immune response in lupus and show that reversing this defect may potentially reverse the disease.

“Up until this point, all therapy for lupus is a blunt instrument. It’s broad immunosuppression,” said co-corresponding author Dr. Jaehyuk Choi, associate professor of dermatology at Northwestern University Feinberg School of Medicine and a Northwestern Medicine dermatologist. “By identifying a cause for this disease, we have found a potential cure that will not have the side effects of current therapies.”

**SCIENTISTS DISCOVER A** CAUSE OF LUPUS AND A POSSIBLE WAY TO REVERSE IT – by Marla Paul

****

Remember, your lupus treatment may differ from others because the disease manifests uniquely in each person. Some lupus patients may have a variety of different specialists involved in their care, such as:

**Rheumatologist** – Typically, lupus is treated by rheumatologists who are internists or pediatricians (or both) that specialize in the diagnosis and treatment of arthritis and other diseases of the joints, muscles, and bones, such as lupus.

**Neurologist** – A neurologist is a doctor with specialized training in diagnosing and treating diseases of the brain, spinal cord, peripheral nerves, and muscles. *Cont’d*

**UNDERSTANDING YOUR LUPUS CARE: SPECIALISTS and YOUR HEALTHCARE TEAM**

“We’ve identified a fundamental imbalance in the immune responses that patients with lupus make, and we’ve defined specific mediators that can correct this imbalance to dampen the pathologic autoimmune response,” said co-corresponding author Dr. Deepak Rao, an assistant professor of medicine at Harvard Medical School and a rheumatologist at Brigham and Women’s Hospital and co-director of its Center for Cellular Profiling.

In a study [published in Nature](https://www.nature.com/articles/s41586-024-07627-2) on July 10, the scientists report a new pathway that drives disease in lupus. There are disease-associated changes in multiple molecules in the blood of patients with lupus. Ultimately, these changes lead to insufficient activation of a pathway controlled by the aryl hydrocarbon receptor (AHR), which regulates cells’ response to environmental pollutants, bacteria or metabolites, a substance created when the body breaks down food, drugs, chemicals or its own tissue. Insufficient activation of AHR results in too many immune cells that promote the production of disease-causing autoantibodies.

To show this discovery can be leveraged for treatments, the investigators returned the AHR-activating molecules to blood samples from lupus patients. This seemed to reprogram these lupus-causing cells into a type of cell that may promote wound healing from the damage caused by this autoimmune disease.

“We found that if we either activate the AHR pathway with small molecule activators or limit the pathologically excessive interferon in the blood, we can reduce the number of these disease-causing cells,” said Choi, also the Jack W. Graffin Professor at Feinberg. “If these effects are durable, this may be a potential cure.”

Choi, Rao and colleagues next want to expand their efforts into developing novel treatments for lupus patients. They are now working to find ways to deliver these molecules safely and effectively to people.

Other Northwestern authors are first author Calvin Law, Arundhati Pillai, Brandon Hancock and Dr. Judd Hultquist.

*Sourced from:https://news.norhwestern.edu/stories/2024/July/lupus-immune-response-reversal/ July 2024*

**Nephrologist** – A Nephrologist can help you find the right treatment for issues relating to kidneys and kidney function, such as lupus nephritis.

**Dermatologist** – A Dermatologist has the expertise needed to create a treatment plan that can help manage skin, hair and nail problems caused by lupus.

**Gastroenterologist** – Lupus can cause digestive problems, there are many different medicines that can treat them. A specialist called a gastroenterologist can work with your rheumatologist to find a treatment plan that works for you.

**Cardiologist** – A cardiologist specializes in heart issues such as lupus myocarditis and lupus pericarditis.

**Pulmonologist** – A Pulmonologist specializes in lung issues, such as pleurisy due to lupus.

**Endocrinologist** – An Endocrinologist specializes in issues relating to thyroid, adrenal function, or other endocrine issues.

**Hematologist** – Should lupus involve any issues relating to blood count a Hematologist will be part of your healthcare team.

**Physiotherapist** – Depending on your specific symptoms, you may see a physical therapist, physiotherapist or occupational therapist to help reduce joint pain and stiffness.

**Nutritionist** – A nutritionist teaches others about general nutrition, food, and how what they eat affects their health. Nutritionists can also offer nutritional guidance to people managing medical conditions, such as lupus.

**Perinatologist** – If you choose to try to become pregnant with lupus, you may have a perinatologist involved in your care. This is a doctor who specializes in high-risk pregnancies.

**Naturopath** – The treatment of lupus with Naturopathic medicine involves evaluation of the whole body, including how it is affected by inflammation. Naturopathic treatment of lupus may involve the use of acupuncture, homeopathy, lifestyle and stress counselling, and herbal therapies to address immune system over-activation.

**Ophthalmologist** – An ophthalmologist is responsible for ensuring that any form of ocular involvement is treated appropriately as Any eye and periorbital structure might be affected by lupus.

**Urologist** – Urologists are doctors that specialize in the treatment of diseases of the urinary tract in both women and men. Urologists may also help men manage issues with their reproductive system.

For more information on treatment plans please speak with your healthcare team.

*Sourced from:* [*https://www.lupuscanada.org/your-healthcare-team/*](https://www.lupuscanada.org/your-healthcare-team/) *July 2024*

****A group of people in the shape of a globe

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We are a network of more than five million people around the world who are living with lupus. And while lupus is a severe and life-changing autoimmune disease that can affect any organ system in the body, **we refuse to let lupus define us.**

**We are fighters** — passionate and dedicated — who have chosen to join forces with our families, doctors, medical researchers, government leaders, and caring people like you to fight lupus.

**We are warriors** — determined to bring an end to the devastating impact of lupus. We will not quit until we secure a better quality of life for all people with lupus, their families, and future generations, so everyone can live well in a world without lupus.

To win this battle, more people around the world must join our fight. The first step begins with education. **Knowledge is a powerful tool that can defeat lupus.** Knowledge can help those who are looking for answers and provide support and hope to people who struggle with lupus every day.

Knowledge also can rally people to our cause. With knowledge, they can take actions to increase awareness, raise money for research, and encourage government leaders to do everything they can to help people with lupus.

**There is more you need to know about lupus.** Learn everything you can. Share your knowledge with others. Urge them to help us defeat this terrible disease.

**Let’s join together to fight lupus.** Discover how you can make a difference for millions of people around with lupus. Let’s defeat lupus in our lifetime.

*Sourced from:* [*https://worldlupusday.org/world-lupus-day/*](https://worldlupusday.org/world-lupus-day/)