

TWH News Rheum: October Edition



HELPFUL LUPUS LINKS & RESOURCES:

1. The Lupus Initiative

www.lupusinitiative.org

Provides great information on coping and self-management!

2. The American College of Rheumatology (ACR)

www.rheumatology.org/I-Am-A/Patient-Caregiver

The ACR provides easy to understand patient education videos and information on common lupus treatments. The initiative for **SimpleTasks** allows patients to get involved in the world of Lupus and spread awareness!

3. Lupus Canada

www.lupuscanada.org

Follow My Lupus Guide for an interactive way to self-manage and learn more about your disease.

4. Lupus Research Alliance

www.lupusresearch.org

Join a community forum and speak to others living with Lupus.

All About Lupus and Vaccines: Is It Safe?

The Flu Shot:

The Flu Shot is safe for patients with SLE. This is a well-tolerated vaccine that is inactive meaning patients **CANNOT** become sick from receiving this immunization. Patients who are immunocompromised, pregnant or planning to become pregnant, elderly,

or children over the age of 6 months should be receiving this vaccine. The 2019- 2020 Flu Vaccine will cover the following strains: a) H1N1 Influenza A, b) Influenza B c) Influenza A H3N2. The flu shot can be found at both Toronto General/Toronto Western Hospitals, your family doctor's office or walk-in clinic as well as some pharmacies (Shoppers Drug Mart). Common side effects of receiving the vaccine include: pain at the administration site, nasal congestion/runny nose. **Protect yourself and others, please get your flu shot this season!!** Follow this website for weekly reports on the upcoming flu season: <https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance/weekly-influenza-reports.html>



Pneumonia Vaccine

There are two different vaccines to protect against Pneumonia: Prevnar 13 and Pneumovax. Both of these are safe for SLE patients. Speak with your family physician regarding vaccination schedules. Common side effects include pain/redness at the vaccination site.

Shingrix

Currently, there are two different vaccines being used to protect against SHINGLES. **The vaccine that is safe for patients with SLE is called Shingrix.** This vaccine is given in two different stages with the second dose administered 2-6 months after the first. Common side effects of the vaccine include pain/redness at the injection site, headache, muscle pain, tiredness, chills. Speak with your family physician regarding administration.



Nathalie's Self-Management Tip of the Month:

To keep track of all of your vaccines try downloading the application **CANImmunize**. It's available for both iPhones/Androids, and provides a fantastic interface for keeping track of your vaccine record. The app will also remind you of when you are due for next immunization! Having this information on your phone makes it great for travelling as well 😊

<https://www.canimmunize.ca/en/about> - learn more about the app here!



NEW ADDITIONS TO THE LUPUS TEAM:



Dr. Laura Whittall Garcia joins the Lupus Clinic in October. Dr. Whittall completed her Medical Degree at the University of Querétaro, Mexico and her internal medicine and Rheumatology training at the National University of Mexico in Mexico City.

Dr. Whittall Garcia has been awarded the Lupus Ontario Geoff Carr Fellowship to allow her to come to Toronto to complete advanced training in the management of patients with SLE. She will also be undertaking a research project looking at biomarkers (proteins) which may predict flare in renal disease.

