



TWH Lupus Update: Summer 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.



Please give a warm welcome to **Nathalie Rozenbojm**, our new nurse in the Lupus Clinic. Nathalie has worked between Toronto General Hospital and Toronto Western for several years and has a strong background in chronic disease management. She most recently completed her Masters of Nursing at Ryerson University.

Don't hesitate to contact Nathalie for any Lupus related questions or concerns:

Email: lupus.nurse@uhn.ca or (416) 603-5800 x2895

NEW LUPUS PHYSICIANS:



Dr. Danae Papachristos is a new clinical fellow joining the Lupus team! Danae completed her Medical Degree at the University of Melbourne and her Internal Medicine and Rheumatology subspecialty training at St. Vincent's Hospital in Melbourne, Australia. Danae was awarded the Ken Muirden Overseas Training Fellowship from Arthritis Australia to come and join us in Toronto to gain further expertise managing patients with Lupus.



Dr. Mohamad Ali Rida is a new clinical fellow joining the Lupus team! Mohamad comes to our program from the American University of Beirut Lebanon where he completed his medical and subspecialty training in internal medicine and rheumatology. Mohamad wishes to pursue advanced training in both Lupus and Psoriatic Arthritis and decided Toronto was the ideal setting for his training!



****When it comes to the sun your Lupus team worries about UV light/radiation. It has been well documented that exposure to UV rays leads to a lupus flare including rash/lesions, fatigue or weakness, joint pain and swelling. In general, it is best to avoid sun exposure between 11 am – 3 pm, wear sunscreen and wide-brimmed hat ☺**

More information on can be found here:

<https://www.healthline.com/health/lupus-sun-exposure>

*In the summer months sunscreen and covering up as much as possible is a **MUST!***

Please follow these sunscreen guidelines:

1. Sun protection factor (SPF) greater than 30
2. Provides broad spectrum protection which blocks the UV Rays
3. Hypoallergenic
4. Contains extra protective factors such as Zinc Oxide
5. Avoid spray sunscreen which does not allow for safe application

TIPS FOR TRAVELLING WITH LUPUS

1. Always consult your Lupus doctor or nurse prior to booking a vacation or travelling!!!!
2. Research and plan your vacation – always check which hospitals or clinics are close to where you are staying, will they accept your travel insurance?
3. Make sure you have enough of your Lupus medications before travelling and always have an accessible list of medications that you currently use
4. If taking a long flight or going for a long drive make sure to take frequent rest breaks or get up and walk around to avoid the possibility of blood clots
5. Are you planning on going somewhere exotic? Ask the Lupus team for a referral to the **Centre for Travel and Tropical Disease** at Toronto General Hospital. The travel clinic can provide pre-travel advice, how to reduce the risk of illness when travelling and a 24 hour on-call service available for patients currently travelling or post-travel
6. Be realistic and keep in tune with what your body is telling you. Lupus can cause fatigue and pain, make sure to speak up and let friends or family know if you need a rest day

