

## Living with Lupus

*Summer Tips and Information*

### Sun Safety

*How to protect yourself from the sun!!*

The sun is an enemy to lupus patients. It is very important to limit sun exposure. If you can't help being in the sun, you should use sunblock.

Make sure your sunblock has a SPF of around 50 or higher, and protects from UVA 1 & 2 and UVB rays. You want to get something that is water and sweat proof as well, so that you will be protected all day. Keep a small bottle on you at all times, and reapply if you think that you aren't protected at any time. Even if you do not normally have skin rashes, too much sun exposure can cause a flare up. Even if you don't have a flare up, we wouldn't want to add skin cancer to your list of ailments. Be safe and protect yourself and your family.

### Travelling with Lupus

◇ Plan ahead

~ Request a (airplane) seat with extra leg room ahead of time.

~ Use online check-in.

~ Print your boarding pass ahead of time.

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## Lupus Star Foundation

**Shining Bright for Lupus!**

The Lupus Star Foundation is committed to the physical and emotional well being of lupus survivors. We were established to provide support and services to lupus patients and their families. We raise public awareness of lupus and its impact, as well as promote wellness.

### Events and Activities

**Lakeshore Festival** – Awareness Booth

At this event we educated the public and did face painting for children. This was a successful first event for us!

**Community Health Fair** – Awareness Booth

At this event we educated the public on lupus and its impact, as well as made connections with organizations that may be able to provide LSF with useful resources.

**Pepsi Refresh Project** – Funding Opportunity

In August, we need our supporters to vote for LSF in the Pepsi Refresh Project. Please see our website ([www.lupusstar.org](http://www.lupusstar.org)) for details.



*Community Health Fair – Detroit, MI 7/24/2010*

**Lupus Star Foundation**

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

Find us on Facebook and Twitter!!

- ◇ Medication
  - ~ Take enough medication to last for your entire trip, or...
  - ~ Take a prescription order to be filled at your destination.
  - ~ Keep medication in original bottles when travelling.
  - ~ Keep a couple of days worth of medication of your person.
- ◇ Take advantage of services
  - ~ Research services offered at your destination and request assistance if needed.
  - ~ Utilize airport wheelchairs, motorized transporters, and attendants.
- ◇ Take it easy
  - ~ Plan adequate amounts of rest and sleep into your trip.
  - ~ Be sure to stretch and keep your blood circulating when travelling far distances.
  - ~ Do not over schedule your days.
  - ~ If you feel pain or illness coming on, rest rest rest.
  - ~ Seek medical attention if you become ill or have a lot of pain.
- ◇ Long Trip Alternatives
  - ~ Cruises.
  - ~ Short car trips.
  - ~ Day trips.
  - ~ Attend local events.

## Tips for Getting to Sleep



- Take a relaxing bath.
- Put a few drops of relaxing essential oils on your pillow.
- Eat a banana.
- Don't eat a heavy meal before bed.
- Avoid drinking alcohol or caffeine right before bed.
- Have a warm milky drink before bed.
- Wear loose, baggy pajamas.
- Cover up the clock so you can't keep looking at the time.
- Play some relaxing music.
- Have thick curtains, or wear an eye mask to block out light.
- If your medications cause insomnia, take them early in the day.
- Make sure your bedroom isn't too hot or too cold.
- Use pain relief methods before going to bed.
- Leave the bedroom and do something else until you feel sleepy.
- Don't exercise immediately before bed.

## Lupus in the News

### *Medicine for Lupus May Be Near*

The autoimmune disease lupus has bedeviled drugmakers for a half century, but some are now poised to break through.

Human Genome Sciences Inc. and GlaxoSmithKline PLC are set to seek regulatory approval for a drug they developed, Benlysta, which could be the first new lupus medicine in over 50 years. A few venture-backed companies aim to follow closely behind.

In lupus the immune system attacks a patient's own tissue, causing inflammation, pain and other symptoms. The disease, which affects 1.5 million Americans, according to the Lupus Foundation of America, tends to flare up and then recede into periods of remission. Its complexity has frustrated drug companies, but the success of Benlysta, which analysts peg as a potential blockbuster, is reviving hopes.

"There's definitely renewed interest in the investment community in lupus," said Brian Skorney, an analyst with ThinkEquity LLC. "There is a lot of money to be made if you're able to get an effective therapy through the FDA."

Doctors now prescribe anti-inflammatory drugs, corticosteroids, and other medicines for lupus, but Benlysta is expected to be the first therapy developed specifically for the disease to reach market. HGS and GSK representatives were not immediately available for comment, but in late April they said they expected to file for approval in the U.S. and Europe this quarter.

The drug, which targets systemic lupus, inhibits B-lymphocyte stimulator, or BLYS, a protein that B-lymphocytes need to survive and mature into antibody-producing B cells. In lupus, elevated BLYS levels appear to contribute to the production of "autoantibodies," which destroy healthy tissue. Research indicates that BLYS antagonists, such as Benlysta, can reduce autoantibody levels, according to Human Genome Sciences.

Benlysta, which is administered intravenously, showed that it can reduce disease activity in two Phase III clinical studies. Clinical research also suggests that the drug may make patients less prone to flare-ups, which can cause serious organ damage.

"It's a huge advance for patients. People are not getting cured, but they're not getting worse," said Carol Werther, an analyst with Summer Street Research Partners. If all goes well, the drug could be launched by early next year, said Werther, who projects global Benlysta sales to reach \$2 billion in 2015.

By *Brian Gormley* Full Article Here  
<http://blogs.wsj.com/venturecapital/2010/06/08/after-a-half-century-of-work-medicine-for-lupus-may-be-near/>



Thank You  
For Reading!!

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