



Living with Lupus

Fall Tips and Information

Triggers for a Lupus Flare

Symptoms are unpredictable, and may come and go. A Lupus flare occurs when a person is having symptoms. There are certain things in the environment that can trigger a flare, as well as different matter such as food, weather, short-term illnesses (common cold, etc.), and well just having lupus on the wrong day. What we mean by this is, sometimes there is no way to tell what triggers a flare. It just comes out of nowhere and takes you out of the game for a while.

Some common triggers include: *working too hard* and not getting enough sleep, being *stressed*, being out in the *sunlight*, or exposure to certain halogen or fluorescent light bulbs, having an *infection* or injury, not taking your lupus medication, and taking certain *medicines*. There are ways of attempting to prevent a flare, so it is important that you know your body. You should pay attention

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Shining Bright for Lupus!

Lupus Star Foundation

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 individuals with lupus and their families. We raise public awareness of lupus and its impact, as well as promote overall wellness.

Events and Activities

Raising Public Awareness – Internet/Social Networking

Lupus Star Foundation is constantly using internet and social networks to spread awareness and educate the public. We are committed to bringing more attention to the illness, and making more and more people aware of the disease.

Grant Searching – Locating Potential Funding

We are currently searching for grants to fund our efforts. There are several objectives that we need to meet within the next 6 months, but without funding it will not be possible. Unfortunately, we have not been able to find a grant that we are eligible for. We are constantly looking for funding in all places. If you have any ideas please share with us.

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Lupus Star Foundation

www.lupusstar.org

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to what causes you to flare, so that you can take steps to avoid certain actions.



It is important to remember that if you do have a flare; it is NOT your fault. Lupus is an unpredictable disease, which is capable of attacking at any time.

Signs that a Flare is Imminent

Prior to the onset of a flare, lupus patients may notice a number of indicative signs:

- Out of proportion and persistent fatigue
- Persistent weakness
- Aching all over
- Slight to high fever
- Persistent loss of appetite
- Involuntary weight loss
- Increasing hair loss
- Nose bleeds
- Unexplained skin rash
- Painful, stiff or swollen joints
- Chest pain which increases with breathing
- Shortness of breath
- Persistent unusual headache
- Nausea or vomiting
- Abdominal pain
- Puffy eyelids
- Blood in the urine

The Truth about Men and Lupus

Young men with lupus have normal reproductive histories. Lupus should not affect their ability to be sexually active. Men with lupus may not be able to continue working to support his family. They may have difficulty with tasks requiring physical labor. Stress may be caused by the inability to carry on the traditional male role. Men can have hair loss, weight gain and skin rashes, just as women do. Men are very concerned with loss of job and change of job. Many men with lupus have a false sense of "loss of masculinity". Loss of independence is difficult.

Lupus in the News

Lupus Research Institute Awards Research Grants to Drive Next Generation of Scientific Discovery in Lupus

Commits \$3.6 million for innovative studies to find new solutions for devastating disease with limited treatment options

Today we announce the award of 12 new research grants, building on our decade-long commitment to drive innovation and discover novel approaches to understand and treat one of the world's most confounding and elusive diseases – lupus.

Awarded for the highest-ranked creative new science, the grants span a range of topics and multi-disciplinary approaches that mirror the heterogeneity and complexity of the disease. Investigators from across the country will explore how the regulation of the immune system goes awry in lupus, how to better understand the immunological attack, and how the process can be manipulated therapeutically to correct specific manifestations that produce the tissue and organ damage that occurs in lupus.

Delivering Hope

Over the last decade, the LRI's scientific strategy has delivered research progress and hope to the more than 1.5 million Americans living with lupus. With nearly \$34 million invested in lupus research to date, and more than \$100 million leveraged in follow-on funding from the National Institutes of Health and other organizations, the LRI supports the largest number, widest scope and most productive portfolio of new scientific knowledge in lupus research.

New Ideas

This year's class of LRI researchers builds on the organization's achievements in its first decade, confirming that new ideas in lupus research emerge from a variety of places. The group includes promising young lupus scientists and leading international lupus experts as well as investigators from diverse backgrounds such as oncology, biophysics, biochemistry, dermatology, and crystallography.

Each \$300,000 research grant was awarded after multiple rounds of highly-rigorous peer review by scientists on the LRI's Novel Review Task Force. Applicants were judged principally on novelty of the hypotheses, scientific quality, strength of approach, relevance to lupus, and likelihood of success.

<http://www.lupusresearchinstitute.org/downloads/enewsletters/1103a.html>



Thank You
For Reading!!

