



LUPUS STAR NEWSLETTER

Volume 1, Issue 4

Spring 2011

Living with Lupus

Spring Tips and Information

Why Does Rainy Weather Cause Pain?

Being springtime, there is not a more perfect time to discuss rain and its effect of joints and inflammatory disease sufferers. With lupus, you might also have a secondary condition, such as rheumatoid arthritis. When it rains or is about to rain a person with say, RA, may start to experience joint pain.

So why does the rain bring the pain? Well, it is less about the rain and more about the barometric pressure. As barometric pressure decreases, usually clouds begin to form bringing the rain or wet weather. As barometric pressure decreases it also has an effect on the body. If a joint is already inflamed, swollen or abnormal then the decrease in barometric pressure causes the gas and tissues to expand. This is felt as more pain.

The body's joints have sensory nerves called baro-receptors that respond to changes in barometric pressure. When the barometric pressure drops or is low, it signifies that the air has

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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

Detroit Tigers' Volunteer Program – Fundraiser

This fundraiser allows our volunteers to work the Tigers' concessions during the 2011 season. We will raise money during each game we work. Go Tigers, Fight Lupus!

Hope & Love 4 Lupus – Awareness Campaign

Our new awareness campaign is great! We are having several materials printed to spread awareness and attract new supporters. We are in desperate need of additional funding for these materials and promotional merchandise.

African American Festival – Awareness Booth

We will be spreading awareness of our organization and lupus at the African American Downtown Festival in Ann Arbor, MI (June 4th). See events calendar on website.

Share Hope Meeting – Peer Support Group Meeting

Our first peer support group meeting will take place in Ypsilanti, MI in June. Individuals with lupus and their loved ones are invited, as well as anyone currently dealing with a chronic illness in need of support.

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Our New Logo. We are constantly evolving!

Lupus Star Foundation

www.lupusstar.org

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become moist. This usually means that the rain is not too far behind. People with arthritis feel the change more because they have less cartilage cushioning their joints. It is true that people with joint pain know the weather before it occurs. When the barometric pressure goes down right before a storm, their pain goes up. The American Journal of Medicine found a correlation that supports this theory.



When You Are Not Feeling Well...

What do you do to lift your spirits & Make yourself Smile

You cannot always control or predict when you will have a flare. Most individuals with lupus have flares every once in a while (at least), that put their life on hold for a certain amount of time. This can be hard for people emotionally, as well as physically. It is always good to do something you enjoy in order to bring yourself out of a rut.

Here are some activities you can try:

- Listen to Music
- Take warm Bath with soaks and bubbles
- Play computer games or mobile games
- Invite friends to keep you company
- Read an interesting book
- Go outside to get some fresh air (sit on porch, etc.)
- Have a glass of wine (alcohol is really not good for you as lupus patient, it is best to avoid alcohol)
- Eat your favorite meal (that you don't have to cook, so maybe order out)

Try these tips to make yourself feel a little better during a flare. If there are other activities that you like to do then go for it. Just be sure that you are not putting too much strain on your body at its most vulnerable time.

Lupus in the News

New Drug Approved for Treating the Most Common Type of Lupus

ScienceDaily (Mar. 28, 2011) — Scientific advances at The Scripps Research Institute were key to laying the foundation for the new drug Benlysta® (belimumab), has been approved by the U.S. Food and Drug Administration. Benlysta®, which treats the most common type of lupus, is the first in a new class of pharmaceuticals that prevents the body from attacking its own critical tissues.

"I am deeply gratified that our scientific findings have proven so valuable to drug discovery," said Richard A. Lerner, MD, president of Scripps Research. "This development underlines the importance of basic academic science in laying important groundwork for life-saving medical advances."

Benlysta®, developed by GlaxoSmithKline and Human Genome Sciences, is the first new drug treatment for lupus in 50 years.



Short-Circuiting the Cycle of Lupus

Benlysta® was approved for systemic lupus erythematosus, a chronic, life-threatening inflammatory disease affecting the joints, skin, kidneys, blood, heart, and lungs. It is often simply referred to as "lupus" (although there are other types of lupus, including one that affects solely the skin). Estimates of the number of Americans affected by systemic lupus erythematosus range from 161,000 to 1.5 million, according to the U.S. Centers for Disease Control. Lupus can occur at any age, but first appears largely in 15- to 40-year-olds, the majority of whom are women.

Lupus is an autoimmune disease, which occurs when a person's body produces an immune response against its own tissues instead of solely attacking foreign invaders such as viruses, bacteria, and other toxins.

Symptoms can include debilitating fatigue, painful and swollen joints, fever, skin rash, and kidney problems. The disease can also lead to arthritis, kidney failure, heart and lung inflammation, central nervous system abnormalities, inflammation of the blood vessels, and blood disorders. Benlysta® (itself a type of immune molecule) acts by targeting a specific protein called B-lymphocyte stimulator, or BLyS, involved in stimulating the "autoantibodies" causing lupus and certain other autoimmune disorders. Benlysta® is the first approved drug that disables BLyS, thus preventing the immune system's destructive attacks against the body.

<http://www.sciencedaily.com/releases/2011/03/110310093758.htm>



Thank You
For Reading!!

