

Lupus News

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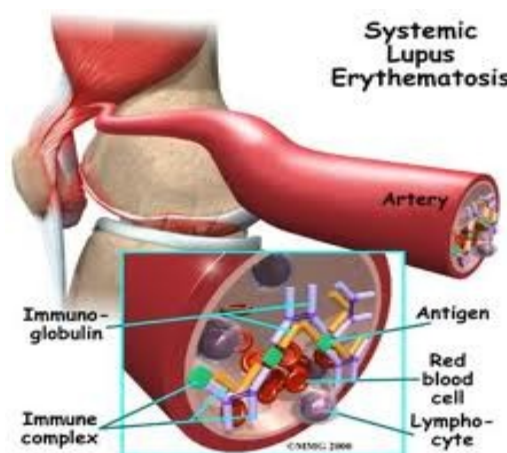
*Thank You For A
Successful
2013 Walkathon*

DISCLAIMER

The opinions and statements expressed by the authors or contributors to this Newsletter do not necessarily reflect the opinions or positions of the Lupus Foundation of Southern Arizona. The Lupus Foundation of Southern Arizona, Inc. presents lupus information in newsletters, handouts, workshops and programs in good faith. The responsibility for pursuing treatment rests with the patient and his/her physician. The Lupus Foundation of Southern Arizona, Inc. does not assume any financial responsibility or liability for the expense of medical treatment or compensation for any injury sustained thru willing participation.

LUPUS & INFECTION

By Lupus Foundation of America www.lupus.org.



If using steroids, the risk of infection parallels the dose and the duration of treatment:

- a daily dose of 20mg. Of prednisone is enough to impose a significant risk of infection.
- taking steroids every other day ("alternate day" treatment) decreases the risk and incidence of infections.

The abnormalities in a lupus patient's immune system may make it more likely to develop infections, even if the person does not take corticosteroids. Lupus experts such as Dr. Marian Ropes sparingly used steroids in treating her patients in the 1940s and 1950s. Yet, the data she published showed that the majority of her patients developed serious infections, even on low-dose steroids.

Infections in lupus patients fall into two categories: The first category includes infections with organisms that can affect the general population and individuals with lupus such as streptococcus (which causes strep throat), and staphylococcus (which causes staph infections.) The second category includes "opportunistic" infections, which are caused by organisms that bring about disease only when the immune system is weakened. Most opportunistic infections are either fungal parasitic or protozoan.

An individual with lupus is more susceptible to infection than most people for two reasons: (1) lupus directly affects a person's immune system and reduces his or her ability to prevent and fight infection and (2) indirectly many of the drugs used to treat lupus suppress the function of the immune system and leave the body more prone to infection.

Medications used to treat lupus, such as cortisone-like drugs (prednisone) and cytotoxic drugs such as azathioprine (Imuran) and cyclophosphamide (Cytoxan) can also increase a person's susceptibility to infections because they suppress both normal and abnormal immune system function. Controlling lupus is often more important than the problems posed by a possible infection due to the use of immunosuppressive medications.



From your President....

Mission Statement

To provide information, education and referrals for those affected by lupus and to promote the development and enhancement of health and social welfare services at the local level to assist lupus patients. To promote public education and increase knowledge and understanding of the disease and its ramifications. To encourage support of research programs related to the diagnosis, treatment, cure and prevention of lupus. To promote the exchange of information among health professionals and collaborate with the professional community to improve the standards of diagnosis, care and treatment of lupus patients.

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What glorious weather we enjoyed during the 2013 Walk the Loop for Lupus. I hope you were able to join us, we had a great time. I really like our new location and look forward to having the Walk there again next year, April 26, 2014....save the date!

We are looking for some dedicated individuals who would like to be a part of the planning for our 2014 Walk. This is not to volunteer on the day of the Walk but in the preparation leading up to the event. Contact our office if you would like to learn more.


Speaking of dedicated individuals who want to help shape the future of the foundation, we are looking for new Board Members. If you are interested or you know of someone who has a heart for Lupus, we would like to talk with you about this opportunity. There are many ways to support the Foundation but caring about its success and development is the main criteria for a great board member. Are you interested in joining us? Please call the office at 622-9006 to talk with Sharon for more details.

Stay tuned for all the events we have coming up for the rest of the year — Like the Golf Tournament at DM Air Force Base this fall. We are currently looking at early morning on September 22nd. Keep an eye on our website or our FaceBook page for more information on this fundraiser....FORE!

Hey, have you seen us on FaceBook yet? It is another way of keeping you informed of what is going on with the Foundation — such as the Lupus Foundation's Annual Meeting Luncheon in September. See you there!

Enjoy the summer!

Joni Broussard



www.Recycle 4 Dollars.com

Great News! Not only is the Foundation recycling your **used Telephones**, we are now recycling **non-remanufactured Ink cartridges**. Just drop those cartridges and used cell phones at the office Tues—Thurs 9A to 2P Thank You!

LUPUS & INFECTION CONT'D FROM PAGE 1

The most common infections noted in lupus patients usually involve the respiratory tract and the urinary tract. However, these infections tend to last longer and require a longer course of treatment with antibiotics than infections in those who do not have lupus. Additionally, individuals with lupus are at an unusually high risk for contracting salmonella (*bacteria*), herpes zoster (*virus*) and candida (*yeast*).

Fevers. Lupus patients who experience a fever should be evaluated, especially if they are also taking aspirin, non-steroidal medications (e.g., Advil, Naprosyn), or steroids, which lower body temperature. Fevers in lupus may be due to an infection, a drug reaction or active lupus. Active lupus and infections share many symptoms. Infections can bring on a lupus flare or can be difficult to distinguish from a lupus flare. For example, fever and decreased energy are *nonspecific* symptoms that may be associated with either lupus flares or an infection.

More *specific* symptoms like sore throat or pain on taking a deep breath may also occur with either a flare of lupus or with infection. Therefore, it is important for a person with lupus to contact his or her physician whenever symptoms are suggestive of either a disease flare or an infection.

Treatment. Treatment of infections is basically the same as for anyone else, antibiotics; even people taking high doses of immunosuppressive medications for their lupus may respond well to antibiotics. **However, the use of sulfa antibiotics to treat infections in people with lupus should be avoided whenever possible. Thirty percent of people with lupus are allergic to sulfa antibiotics. In addition, these types of antibiotics can increase photosensitivity, increase skin rashes or lower white blood cell counts.**

Infection Prevention. Infection poses a risk to all people with lupus. However, those treated with immunosuppressives or steroids are at higher risk. To prevent possible infections, people at high risk for infection often benefit from taking antibiotics before dental treatment or surgical procedures. In general, individuals with lupus should avoid exposure to anyone with colds or other infections.

The risk of certain types of infection can be decreased with immunization (vaccinations). Nearly all individuals with lupus are vaccinated against a variety of diseases with little difficulty. However, it is theoretically possible that immunization with vaccines that use live viruses will result in a lupus flare. Nevertheless,

polio, measles, and tetanus vaccines, which all use live viruses, have been given to hundreds of thousands of people who have lupus, with no adverse reactions. Passive immunization (*i.e., vaccinating with a killed virus*), poses no problems. Gammaglobulin is an example of a vaccine which uses a nonspecific antibody instead of a live virus.

IMMUNIZATIONS. It should be noted that lupus patients may have adverse reactions to two types of immunizations:

1) Allergy shots (immunotherapy) - some may have a lupus flare following treatment.

- In 1989, the World Health Organization recommended that people with autoimmune diseases should not receive certain types of allergy shots.
- Allergy shots might cause the person to make more anti-anti-DNA and other lupus-related antibodies against the agent causing the allergy.
- People with lupus are advised to consult their Rheumatologist before receiving any type of allergy immunotherapy.

2) Flu vaccines - Some lupus patients may also experience difficulties after receiving "flu" vaccines or the vaccine may not work as well. Nevertheless most rheumatologists do recommend vaccinations against the flu. You should always talk with your doctor before receiving any vaccine, especially if you are pregnant or have had allergic reactions to medications in the past.



How effective are the flu and pneumonia vaccines for lupus patients? Several research studies showed that the flu vaccine caused a protective antibody response in people with lupus, although the antibody levels tended to be lower than in the healthy control group. It is recommended that everyone with lupus receive the annual flu vaccine and pneumonia vaccine every 5 to 7 years since illness and death related to influenza and pneumonia are more common in immune-compromised individuals

*Lupus Foundation of America, www.lupus.org
"Lupus and Pneumonia Vaccines 2012-2013"
Flu Vaccine Update*

Infections and Immunizations, LFA Newsroom



Spotlight on Carol Huddleston, Support Leader



Carol Huddleston Leading the Lupus 2013 Walkathon

Carol Huddleston does not have lupus. Carol Huddleston's brothers and sisters do not have lupus. So why does she volunteer her time as a Lupus Support Group Leader for the Douglas/Sierra Vista area?

In 1979 Carol had a severe allergic reaction to an antigen injection which caused symptoms diagnosed as possible Lupus. The pain associated with her symptoms allied her with the plight of lupus patients. Carol retired from school nursing in 1995 and two years later became acquainted with a representative from the Border Ecology Project (part of EPA) and agreed to help gather information about the possibility or perception of a more than normal incidence of lupus cases in the Douglas area. In 1997-98 The University of Arizona Rural Health Office prepared a healthcare survey with questions for the Douglas community. With the results of that survey, Tucson rheumatologist, Dr. Bridget Walsh came to Douglas and conducted follow-up care with lupus patients.

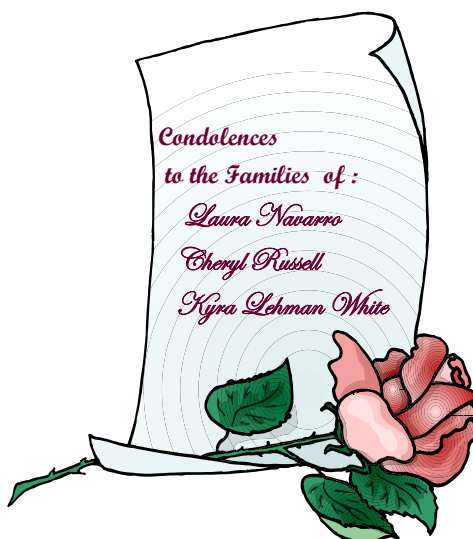
Her interest was so peaked that she and two others from the Douglas Support Group attended one of the early Systemic Lupus Erythematosus Self-Help (SLESH). Courses conducted by co-founders Lilly Depka and Sue Tretter. Lilly, also a retired nurse, praises Carol's warmth and empathy toward everyone she meets and her ability to connect so easily with others. Through Carol's research and conversations with others who were familiar with lupus she developed a strong empathy for those coping with lupus and decided to dedicate her time to forming and maintaining a Lupus Support Group in her area. Carol's Group began in a church fellowship hall, but after several years she provided the relaxed atmosphere of her home where participants enjoy refreshment, support and healthcare information. We applaud all our lupus volunteers for their dedication and unselfish efforts to help others, and especially those like Carol Huddleston who do this while coping with their own health problems.

Memorials and Tributes

A memorial gift to the Lupus Foundation is a loving and lasting tribute. This can be a gift in memory of a deceased relative or friend, or can be given as a tribute in the name of a friend or relative to commemorate occasions such as birthdays, anniversaries or special events. These thoughtful gifts serve the living by supporting lupus education and lupus research.

Acknowledgements of memorials and tributes are mailed to the family with no reference made as to the amount of the gift, and the gift donor receives a tax receipt from the Foundation.

Memorials



Tributes



To: *Deborah Coronado*
Donnette Winburn

From: Joni Broussard
Patty Powell

2013 Walkathon



2013 Walkathon

Welcome back walkers and enjoy some refreshments!



And what about those great raffle & auction prize winners?



WALKATHON PRIZE WINNERS

Doubletree Hotel Package - Melissa Schmit

Trader Joe's Gift Basket - Tamara Crawley

El Charro Restaurant Certificate - Melissa Schmit

Sir Veza's Certificate - Rita Anguiz-Reid
Park Zoo Pass - Connie Gavel, Kaitlin McClelland

Metro Restaurant Certificate - Lisa Cunningham

Massage by Caring Touch - Carol Goddard

Toro's Fitness 3 month membership - Chrissy Deberro

Agate slice with stand - Susan Rhan

Amethyst Cluster Candle Holder - S. Speet

Jonathan Cork's Gift Certificate - Tony C.

Five Guys Gift Card - Anna Aranda

Pima Air Museum - Peggy Amstutz

Curves 1 month - D. Robson

Desert Museum Pass - Tony C.

Freshwater Pearl Bracelet - C. Kulpa

Lunsford Necklace & Earrings - Rita at Donaldson Elementary



Thanks for being a part of the Walkathon.

We need your help! The Southern Arizona Lupus Foundation would welcome your help to continue this event which provides nearly half of the Foundation's Funding for an entire year. If you would like to be an important part of this event, please send us an email with your contact information to ppowell@amphi.com.



From Your Walk Coordinator.....

Thanks to all of you that have supported us by participating in the Walk for so many years! The event this year on April 13th marked our 12th annual walk and this was the largest event ever, with around 900 walkers attending. We were blessed with a beautiful day and an outstanding new site.

We can always use help in reaching out to new sponsors to get them involved in the Walk. If you are part of a company that may be interested in supporting the Foundation with our mission of awareness and helping those affected by Lupus, we would love to hear from you!

Every year we continue to grow and we have reached a point where the Walk will be in serious jeopardy if we do not expand our committee that attend to "front-end" tasks — those who can coordinate the details that need to be arranged in the months preceding the walk.

We have come up with a plan to divide the different components into small manageable areas of responsibility so that no single task will be overwhelming, and we need your help! Our new organization chart for the Walk has more than a dozen individual areas of responsibility, and we need to have each of these areas in the hands of a person who has a little time and energy (and, of course, the commitment) to be an important part of the Walk Team. If you would be interested in joining the Walk committee for this 'super fun' event, we would like to hear from you. This event is absolutely critical to the survival of the Southern Arizona Lupus Foundation. This is the only big fundraiser we have each year and it provides about half the funding necessary to continue our extensive support services in the community. A few hours in the months preceding this event could make an incredible difference in the lives of those coping with Lupus. You could make a difference! For additional information about the areas where we could use more help, please contact me at ppowell@amphi.com or call the office at 622-9006 and leave a message!

Thanks so much.

Patty Powell

☐ **SPECIAL NEWSLETTER** For Newly Diagnosed Patients - tips on flares, doctor-patient relationships, medication problems and a list of lupus publications

☐ **WEBSITE:**

www.lupus-az.org

☐ **MEDICAL ARTICLES LIBRARY**

☐ **QUARTERLY NEWSLETTER**

☐ **TUCSON SUPPORT GROUPS**

Held 3rd Wednesday

DOUGLAS AREA SUPPORT GROUP

Held Monthly - 520-364-5028

☐ **YOUTH SUPPORT**

☐ **LUPUS SELF HELP CLASSES (SLESH)**

☐ **INFORMATION & REFERRAL SERVICES**

PUBLICATIONS ON LUPUS FOR PURCHASE

☐ **LENDING LIBRARY**

Books, audio tapes, video tapes, reference material on lupus, along with Regional Lupus Newsletters

☐ **BILINGUAL INFORMATION & SUPPORT**

☐ **INFORMATION FOR VISUALLY IMPAIRED**

☐ **COMMUNITY SPEAKERS**

☐ **SOCIAL SECURITY DISABILITY COUNSELING**

☐ **EMERGENCY MEDICAL NEEDS ASSISTANCE**

☐ **AFTER-HOURS TELEPHONE SUPPORT**

☐ **ONE-ON-ONE SUPPORT**

☐ **VOLUNTEER OPPORTUNITIES**

☐ **TOLL-FREE NUMBER:** 1-877-822-9006