



Lupus Foundation Southern Arizona
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520-622-9006 www.lupus-az.org

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Lupus in the Kidney: What Are The Risks and What Can Be Done About it ?

by Dr. Joan T. Merrill, Lupus Foundation of America Medical Director



When lupus affects the kidney it can be a difficult time. I try to think about what a person experiences when they get that first call from their doctor that their tests are not looking so good, and they might have nephritis. Maybe there is protein in the urine, maybe certain other blood tests are positive, and usually the first thing that happens is that some sort of retesting is done. Then a kidney biopsy is ordered. When the results come in, decisions have to be made and almost always some new medication is

The medication often has significant effects but that's not the worst part. The worst part is the fact that you often have to wait three to four (or even more) months before it is clear whether the treatment is having any effect. Sometimes several different medications have to be tried to get the kidneys under control. Sometimes nothing works quite well enough, and eventually some people end up needing a kidney transplant. Even when there is a good response early on in the treatment process, the need to continue these toxic treatments could go on and on, and it may begin to feel as if life will never get back to normal.

Is there a road map for any of this? The good news is that enough progress has been made in recent years that the *American College of Rheumatology* and the *American Society of Nephrology* have issued guidelines to help doctors optimize their monitoring and treatment of lupus nephritis. The first concern is to determine if a person is at high risk for kidney inflammation. Anybody with lupus can potentially get one or more forms of kidney involvement, but people with lupus who have antibodies to double stranded DNA (anti-dsDNA) and low complement proteins (on a lab test sheet the one to look for in particular is called C3) and patients of South American, Asian or African descent have increased risk and should be watched more carefully for



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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.

This time of year is always very busy for the foundation, as we are knee-deep in preparations for the Walk. This year we also have the Jim Click raffle for the 2014 Jeep Cherokee! 100% of the proceeds of the tickets we sell benefit our foundation. Because we are not affiliated with a national organization, we truly appreciate this opportunity to bring in more funds to provide for our services. If you are interested in buying a chance to win this great vehicle, call the office at 622-9006.

Something else pretty exciting going on at the foundation is that we were named the April Journal Community Partner. We will be interviewed on KGUN 9's Good Morning Tucson and Morning Blend shows, along with some and radio TV spot ads. Look for us on KGUN Channel 9, Tucson CW 58, 94.9 MixFM, 104.1The Truth, 106.3 The Groove and ESPN Tucson 1490am/104.9fm. We think this is perfect timing for the Walk.

In January I had the pleasure of being invited to the Pueblo High School Girls' Basketball (Varsity and JV) games. They had adopted the Lupus Foundation as their charity and raised \$500 to donate to us! What a great group of kids. Check out their pictures in the newsletters and GO Warriors!

See you at the Walk!

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Last October we announced a tribute to Amy Ross and Derrick Ross of the musical duo, "Nowhere Man and A Whiskey Girl." Amy Ross died due to complications associated with Lupus. During November of 2013 PLUSH had a benefit to pay tribute to the music of Nowhere Man and a Whiskey Girl. At this event Lupus handouts were made available to all who attended.

The Lupus Foundation is honored to receive the proceeds from this special event of over \$3,800. These further heighten lupus awareness and promote better lupus research. attended and made this event possible, PLUSH and Kell Carpenter.



On Friday June 13, 2014 another musical group will be holding a concert in tribute to Amy Ross and Derrick Ross at the Crescent Ballroom in Phoenix, 308 N. 2nd Avenue, Phoenix, Arizona 85003. This group would also like to donate their proceeds to the Foundation. If you would like to attend, please contact our office at 520-622-9006 for additional details during May.



Lupus & the Kidney

cont'd from page 1

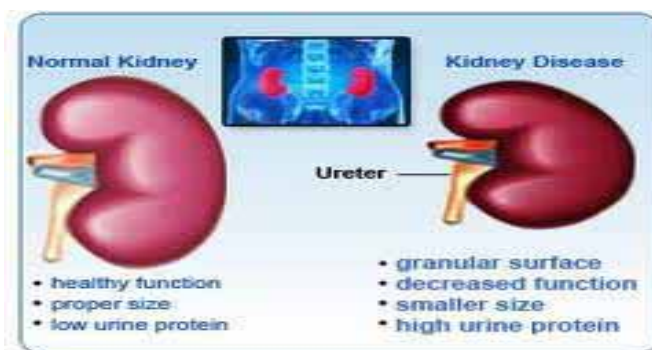
warning signs.

Usually the earliest sign is when the protein increases in a sample of urine. Of course this sometimes happens for reasons that are not due to lupus. Certain treatments that are commonly used in lupus such as ibuprofen or naproxen can cause reversible protein in the urine. Street drugs such as cocaine, dehydration, excessive exercise, toxins, diabetes and many other conditions can also cause protein to spill in a urine sample. Sometimes there are other factors in the urine such as red blood cells or white blood cells. These are less helpful because they too can be from many causes and often they are not seen even when there is nephritis. Rarely, the red blood cells will be found clumped together in the shape of one of the kidney tubules they originally formed in. This is called a red blood cell cast and it is a very helpful finding because it almost always means there is lupus nephritis.

Often, though, protein in the urine is the only early sign of lupus in the kidney. Therefore, if there are no other risk factors and if the protein does not go away on retesting it is very important to get a kidney biopsy as soon as possible. This is because getting treated for lupus nephritis right away is very important, and without a proper diagnosis the wrong treatment could be given. And these treatments can be toxic. Even within the spectrum of lupus, there are different forms of nephritis. In fact protein in the urine can also be caused by blood clots from a lupus-related condition called the antiphospholipid syndrome, which should be treated with anticoagulation. Since this can occur both with and without nephritis, which requires immune suppressants, this underscores the impor-

tance of the biopsy. It is also important to get a biopsy to see if there is already kidney damage before treatment is started. This is rated on a scoring system called a chronicity scale. If there is already damage to the kidney, it is harder to get the best results with treatment. On the other hand, if there is no chronicity, it can be very reassuring that the nephritis was caught early and the chances of success with treatment are very good.

Right now there are a number of new diagnostic tests being developed in the hopes that, in the future, biopsies can be avoided, and accurate diagnosis and treatments might be started even earlier. There are also some potentially powerful new treatments in development. There is even some speculation that certain new drugs that are being developed to reduce fibrosis might someday be tested to reverse chronicity that has already occurred in the kidney. Therefore there is a lot of hope on the horizon. In the meantime, the key to dealing with lupus kidney disease is knowing if you might be at higher risk, getting regular monitoring, and getting the earliest possible diagnosis and treatment, should it occur.



Our Thanks to Lupus Foundation of America, 2000 L Street, NW, Suite 410, Washington, DC 20036 Tel: 203-349-1155

2014 Lupus Walkathon is Here!!!

Get Ready For The 2014 Walk! We are gearing up for the 2014 Walkathon to be held on Saturday, April 26, 2014 at Reid Park, Ramada #22. Look forward to great prizes, a fantastic raffle and silent auction, music, yummy things to eat, things to buy and fun to be had by the entire family! This has become such a great outing for the entire family, so please mark your calendars now!

Register online at www.lupus-az.org or call or stop in for a Registration Brochure. Take full advantage of the opportunity to get friends and family to sponsor you on this Walk. The dollars you raise help to win you great prizes as it helps us to promote Lupus Awareness in Southern Arizona!!

Your Southern Arizona Lupus Foundation is not affiliated with any national or other local area organization and we must raise all of our funds through individual donations and fundraisers. The Walkathon is the biggest event of the year for us. With your help last year the Walkathon was able to raise about 40% of the funds needed to provide our many support services for the entire year. With your dedicated support during 2014, we can continue to bring in more revenue and be able to increase our services to the community and our finding of lupus research.

How can you make a difference? First, fill out the Registration Form on page 5. Then think about one of these ideas — maybe your company could become a sponsor of the walk, ask your employer to match donations you collect, start a team, e-mail your friends and relatives or share on Facebook why you walk!

See You There !!

Patty Powell

Walkathon Event Coordinator

Lupus. Learn about it.

More people have Lupus than AIDS, Cerebral Palsy, Multiple Sclerosis, Sickle-Cell Anemia, and Cystic Fibrosis combined.

15 to 2 Million People have been diagnosed with Lupus.



The cause of lupus is unknown, but doctors agree that it is a chronic autoimmune disease, causing inflammation in the body, especially the skin, joints, blood, and kidneys. The immune system normally protects the body against viruses, bacteria and other foreign molecules. In a disease like Lupus, the immune system loses its ability to distinguish between foreign substances and its own cells and tissues. The immune system makes antibodies directed against "itself".

For most people, Lupus is a mild disease affecting only a few organs. For others, it may cause serious and even life-threatening problems. **Thousands of Americans die each year from lupus-related complications.**



The Lupus Foundation of Southern Arizona's mission is to increase community

awareness and provide educational support through a 24-hour crisis line, support groups, lending library and sell help classes. Funding for all services is through membership fees, small fund raising activities and private donations.

Start a Team Today!

The Event Schedule

Invite friends, family, co-workers for this fun event! Team captains with a team of 10 or more will receive special gifts. The team with the most participants wins an ice cream social sponsored by Blue Bell Creameries and eegee's! Team captains must register first and include team name. Each team member must register individually and participate in the walk.

Call the Lupus office for a Team Pocket, 520-622-9006

How Can You Make a Difference?
Every dollar raised is critical to the services that the Foundation can provide for all of those suffering with this disease... we need your help!

How can you help raise \$100 for the Lupus Foundation?

1. Sign up for the walk \$25
2. Have 5 family members contribute \$5 \$25
3. Ask for \$5 from 5 neighbors & friends \$25
4. 5 co-workers/contacts contribute \$5 \$25

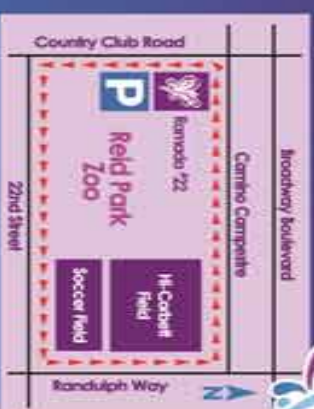
100% of the dollars raised stays right here in Southern Arizona helping those in need!

Raising \$100 can make a huge difference in the lives of so many:

\$100 provides Lupus information packets to 10 newly diagnosed patients.

\$100 pays for the cost to analyze blood from 3 lupus patients in Dr. Adelman's research lab at the U of A.

\$250 covers the supplies and DVD for 10 lupus patients for the Lupus Sell Help class (SLESH).



7:15 am - Begin check-in at Reid Park's Ramada #22.

7:30 am - Team photos

8:30 am - Walk begins. The walk is a new park path and should take about 45 minutes. **PLEASE NO PETS!**

9:30 am - Refreshments served. Team captain awards and raffle.

Sign up sponsors and collect donations. on this form, enables donors and team in at registration on the day of the walk. You can also download additional sponsor forms at www.lupus-az.org/sponsorform.pdf

Grand Prize for the person collecting the most donations wins the Tuboc Golf Resort Getaway package.

Prizes for collected sponsors pledges are:

- 25 - 99 Lupus Foundation Koosle
- 100 - 249 Lupus Foundation Gift Pack
- 250 - 499 Lupus Foundation Straw Cups
- 500 - 999 Beautiful Butterfly Umbrella

Pledges of \$1000 or more will receive a Butterfly Umbrella, special prizes and a \$50 El Chorro Cafe gift card.

Invite Friends to Participate or Sponsor You!



Special bonus: For every 10 sponsors

you get, you will be entered into a drawing for a \$50 gift card for El Chorro Restaurant!

CELEBRATE A LOVED ONE!

Special balloon launch to honor someone with Lupus. Purchase a personalized balloon to pay tribute to a loved one. "In celebration of" or "In memory of" balloons are \$2 each or 3 balloons for \$5.



Thank You Pueblo Girls Basketball Team

Junior Varsity Team



Team Members:

Varsity Team



Team Members:

Our sincere thanks to Pueblo School Basketball Teams for dedicating their January basketball game to a student who passed away due to lupus. This Team made lupus mementos and sold lupus awareness items at the game in order to heighten lupus awareness among youth and their parents. Thank you so much for collecting \$500 to support the Lupus Foundation of Southern Arizona.

Jim Click Jeep Raffle

RAFFLE BENEFITING TUCSON CHARITIES
100% FOR LOCAL CHARITIES

TICKET PRICE
\$25
 OR 5 FOR \$100

2014 JEEP CHEROKEE

THE MILLION for TUCSON RAFFLE

The Jim Click Automotive Team is presenting a new **2014 Jeep Cherokee** to the entire community...to be used as the featured prize in a raffle to raise one million dollars for non-profit Tucson organizations.

With your \$25 contribution (or 5 tickets for \$100) you could win a **2014 Jeep Cherokee**. The best part is that 100% of your contribution will support Tucson charities – that keep all the proceeds from the maximum 50,000 tickets which will be sold. The drawing will be held November 13, 2014. Entries must be received by October 31, 2014.

Don't Forget To Purchase Your Chance to Win this Jeep Cherokee!! We are excited that Jim Click Dealership is allowing us to keep all proceeds generated from the ticket sales!!!

Call us at 520-622-9006 or stop in our office at 4602 E. Grant Road to get your raffle tickets!!

Thank You!!

FOUNDATION

RESOURCES

- ← After- Hours Telephone Support Line - 520-622-9006 →
- ← Bi-Lingual Information & Support - Lilly 296-7773, Alicia 327-0727 →
- ← Support Group—Our office, 3rd Weds. 10AM—Helen Butler,RN →
- ← Personal Support - Call Office →
- ← Youth Support Group - 331-2997—Lindsey Ezell →
- ← Douglas Support - 364-5028—Carol Huddleston →
- ← Community Speakers →
- ← Emergency Medical Need Assistance →
- ← Information and Referral Services →
- ← Information for Visually Impaired →
- ← Lending Library →
- ← Medical Articles Library included Research Articles →
- ← Quarterly Newsletter & A Newsletter for the Newly Diagnosed →
- ← Website - www.lupus-az.org and Toll free = 1-877-822-9006 →



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