



*Our Mission: To improve the quality of life for those affected by lupus through advocacy, education, awareness, empowerment, and research.*

# Lupus Communiqué

Lupus Foundation of Mid and Northern New York, Inc.

Volume 8, No. 3, Winter 2009

## Another Outstanding Research Donation



Lupus Foundation of Mid and Northern New York Board Member Maryrose Bullock (left) and President/CEO Kathleen Arntsen (right) presenting Lupus Research Institute Chairman Robert Ravitz (center) with a check in the amount of \$21,000 for our annual research donation at the LRI Scientific Meeting at the Yale Club in New York on October 5, 2009. The donation represents a little more than 1/3 of our annual income and brings our total LRI support to \$127,500 in 8 years and total research funding since 1990 to \$181,000. We are committed to supporting the LRI's innovative lupus research that has a proven track record to potentially impact those suffering from lupus in a positive way. We are honored to be part of the LRI Coalition, united nationally as a strong voice for lupus.

# *The Lupus Communiqué*

*Is published four times a year by  
Lupus Foundation of Mid and  
Northern New York, Inc.*

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**Editor: David L. Arntsen**

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## **DISCLAIMER**

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The material published herein is provided for informational purposes only and does not imply endorsement of any specific treatment, product, clinical trial, company or organization. We oppose self-diagnosis and self-treatment and urge readers to discuss any concerns they may have regarding diagnosis and treatment with their physicians. All rights reserved. No material in this issue may be copied or published without the express written consent of Lupus Foundation of Mid and Northern New York, Inc. Thank you.

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Community  
Health Charities  
— of New York —  
WORKING FOR A HEALTHY AMERICA



*Please consider Memorial and Tribute contributions to our organization. It is a wonderful way to honor or remember someone special in your life while also supporting the lupus cause. If you belong to a Service or Fraternal organization, or participate in a workplace-giving program such as: CFC, SEFA, UNITED WAY, IBM or other campaign, please remember to designate our organization.*

Lupus Foundation of Mid and Northern New York, Inc. is a tax-exempt charitable organization eligible to receive tax-deductible contributions under IRS Code Section 501(c)(3). Our federal tax identification number is 16-1083229 and a copy of our latest annual report may be obtained upon request from us or The NYS Attorney General's Charities Bureau at 120 Broadway, NY, NY 10271.

**EDITOR'S NOTE**

*Suggestions or comments on the newsletter are always welcome. Please contact us with any address changes or other corrections to ensure accuracy in the database. If an address is incorrect the Post Office will not deliver under their revised policies and the mail piece will be returned and we will be charged a fee. Please notify us immediately of any changes to avoid extra postal fees. As Technical Director I also invite your input and assistance in improving our organization's operations, especially in maintaining our website. Thank you.*

*Dave Arntsen*

## *President's Message—*

*Dedicated to all patient advocates and the organizations they represent; thank you for making a difference!*

Do you participate in life and make a stand or watch others from the sidelines and then regret your inactivity later? When asked about becoming a disability activist and patient advocate Christopher Reeve once replied, "Either you decide to stay in the shallow end of the pool, or you go out in the ocean." I just finished reading *Always Looking Up, The Adventures of an Incurable Optimist* by Michael J. Fox retired actor, Parkinson sufferer, patient advocate, and founder of The Michael J. Fox Foundation for Parkinson Research. I highly recommend this book to anyone in the patient advocacy community, especially after a particularly bad day when you question why you choose to do what you do.

As children no one ever says that they want to be a patient advocate when they grow up. Most little boys want to be policemen, firemen or superheroes. Like most little girls at an early age I thought of being a nurse or teacher and then changed my vocation as I got older and developed specific skills. For 15 years of my childhood I took tap, ballet & jazz lessons and actually aspired to be a Radio City Rockette. As I got older several things became obvious that made that career choice impossible. First and foremost I was sick all of the time, and secondly, all Rockettes were 5'6" to 6'0" back then and at my tallest height I grew to be 5'5½". During my teen years I decided to pursue my love of languages and set my sights on being an interpreter at the United Nations and work in the Foreign Service; dreaming of eventually being an Ambassador abroad. Unfortunately, that was not my destiny either. Like so many others diagnosed with lupus, I was struck down in the prime of my life and forced to take a step backward and reevaluate my future and my existence. I wasn't even sure I would be alive in 5 years much less be able to stay in school, get my degree or have a career. Fortunately with the support of my family and college I was able to graduate.

Following graduation my life started to follow a similar pattern: work for 3 years, go out on disability for a year, take a new position for 2 years, go out on disability for a year, take another position for 3 years, and go out on disability for 18 months—you get the picture. After years of this cycle it became obvious to me and my physician that I just could not work. I had also met and married a great guy and just wanted some stability in my life. The papers were filed and I eventually won my disability award but to this day I cannot help but think that my poor husband got damaged goods and a bum deal when he said "I do."

I would like to say that everything was great from that point on, my health stabilized and I lived happily ever after, but of course with the unpredictability of lupus that did not happen. Like so many others living with chronic disease every two steps I took forward, I took one backward. It felt like I was constantly climbing a mountain, struggling to reach the peak and place my feet on solid ground, but as soon as I was close to the summit I would lose my foothold plummeting backward into the unknown abyss; desperately grasping for anything substantial to grab onto. Not only does this drain one physically but the emotional toll is devastating. Dreams and goals were always being reassessed and some days it was a victory just to get out of bed, shower and put on clean pajamas. After being diagnosed with multiple autoimmune conditions, enduring tough treatments, experiencing allergic reactions, and having numerous medical tests, procedures, and umpteen surgeries it was apparent to my family and treating physicians that it was not in my future to be a Mother either.

I had been volunteering for the local Lupus Foundation over the years since my diagnosis but I now felt compelled to become more involved and give something back and hopefully fill the void in my life. I soon realized that every position I had previously held helped to prepare me to be an advocate. My sales and marketing background taught me to communicate effectively with all types of people and to believe in what I was selling. I became passionate about promoting lupus awareness and patient empowerment just as I had promoted my sales products. My positions as an insurance sales manager and insurance billing and claims software trainer for

medical offices prepared me to personally deal effectively with my own insurance companies and health care providers. The classroom training position I had held paved the way for my future as a group motivator and public speaker. It was my destiny to be an advocate and it will be my legacy when I am gone.

When faced with adversity why do some people choose to accept defeat, become depressed, complacent, and lie down helpless, while others choose to become proactive, educated, empowered, move forward, collaborate with others, and attempt to make a difference? Keeping in mind that before he was paralyzed, actor Christopher Reeve played the role of Superman, after the accident he often downplayed his ironic superhero status with remarks like “A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.” Advocates don’t normally choose to become advocates; life-altering situations usually occur causing them to choose a different path in life; a reinvention of sorts. Champion cyclist Lance Armstrong became the poster child for testicular cancer and inspired millions with the “LiveStrong” yellow wristband campaign and his will and determination to succeed despite whatever hardships came his way. Michael Fox looked to both Christopher Reeve and Lance Armstrong for inspiration when his journey became difficult both physically and in achieving his research foundation’s goals. He came to the realization that challenges were merely opportunities.

Simply put an advocate informs and educates, promotes understanding of individual experiences and represents their community’s goals. All advocates become connected by pain, frustration with the system, and research progressing too slowly. We possess tremendous passion for our cause and compassion for our fellow man, learning to be sponges; absorbing the stories of others afflicted with the same condition. We become a face, a voice, carrying our messages to anyone who has potential to support our efforts, and end up motivating and leading others to do the same. Being an extremely shy child, no one would have ever predicted that I would grow up to be a voice for others or be capable of holding my own in meetings with public officials or testify before an FDA or Congressional panel. I often wonder if my bucket list would be different if I were healthy. Would I even care about healthcare reform, much less be fighting for universal coverage with access and affordability for all Americans? Michael Fox quotes Christopher Reeve as saying, “Hope is informed optimism” and both activists realized the necessity of becoming more politically active in order to achieve their research agendas.

Lupus has been in the news lately due to the positive results of the recent Benlysta™ (belimumab) Phase 3 clinical trials. It has been since April of 1955, almost 55 years that a drug was approved by the FDA for the treatment of lupus. Benlysta™ is the first drug developed specifically for lupus. All of us in the lupus community are filled with tremendous hope that we may finally have a new safer therapy with fewer side effects than present treatments and other new drugs will follow.

Patient advocates representing The Lupus Foundation of Mid and Northern NY will be participating in 2 upcoming lupus advocacy events, first nationally and then statewide. By the time you read this four of us will have traveled to Washington to unite with fellow patient advocates from all over the country to be heard for the annual Lupus Research Institute Coalition’s Advocacy Day. We will be carrying our messages on lupus-related issues, healthcare reform, and research to our local legislators. We invite you to become a state advocate and participate in our 2<sup>nd</sup> Annual Lupus Awareness Day in honor of May as Lupus Awareness Month by raising your voice and joining us in Albany on April 28, 2010. What will your legacy be? When you are gone will your footprints still be visible in the sand or snow (here in the northeast), or will the tide have washed them away or a thaw made them invisible? We encourage you to take the plunge into the deeper water and join us in making a difference on the local, state or national level!

*Stay Healthy, Warm and Well —Kathleen*

# *Memorials, Tributes, and Donations*

## Memorials

*In Loving Memory of...*

*Angela “Aya” LoConti-  
Michele Taranto*

*Brooke Nicole Walseman-  
Jack & Marcia Flint & Family*

*Rita L. & Richard C. Rogers-  
Pete Rogers*

*Jim Mitchell-  
Jane Williams*

*Mary Alice Mitchell-  
Jane Williams*

*Thomas P. Mitchell-  
Jane Williams*

*George Williams-  
Jane Williams*

*Brooke N. Walseman-  
Mrs. Doris Walseman*

## Donations

*CFC, SEFA, United Way, IBM, GE,  
American Express, United Health,  
and Pfizer Employee Donor Plans*

*Beta Sigma Phi Lowville Chapter*

*Madison County Department of Child and  
Protective Services Dress Down Day  
Robin Clancy*

## Tributes

*In Loving Honor of...*

*Rocco & Monica Falitico-  
Virginia Merola*

*Patricia A. Mitchell’s Birthday-  
Kathleen & David Arntsen*

*James & Patricia Mitchell for Christmas-  
Kathleen & David Arntsen*

*James & Marion Mitchell for Christmas-  
Kathleen & David Arntsen*

*Timothy & Deborah Mitchell for Christmas-  
Kathleen & David Arntsen*

*Daniel & Lisa Mitchell for Christmas-  
Kathleen & David Arntsen*

*Dan & Lois Rumpfelt for Christmas-  
David & Kathleen Arntsen*

*Linda Arntsen for Christmas-  
David & Kathleen Arntsen*

*Donald & Susan Arntsen for Christmas-  
David & Kathleen Arntsen*

*For a Friend for Christmas-  
Susan S. Karam*

*Oliver Santana-  
Walmart Store #1677 Volunteer Program*

*David & Kathleen Arntsen for Christmas-  
Dan & Lois Rumpfelt*

*James E. Mitchell’s Birthday-  
Kathleen & David Arntsen*

**Take the new confidential lupus survey developed by the Lupus Alliance of America and help to update information and statistics on lupus by going to our website [www.nolupus.org](http://www.nolupus.org) and clicking on the survey link at the bottom of the page or by typing the address below in your web browser.**

<http://studentvoice.com/liu/lupusallianceamericasurvey>

# **GENERAL EDUCATION MEETING**

**Wednesday, March 31, 2010  
6:45pm to 8:00pm**

**Rossetti Education Center at  
Madison-Oneida BOCES  
4937 Spring Rd., Verona, NY**

**Open Chat Session and  
Membership Vote**

*Board of Directors Slate  
2010 to 2013 (3 Year-Terms)*

*President/CEO Kathleen Arntsen  
Vice President James Mitchell  
Treasurer Philip Teague  
Secretary Stephanie Darwak  
Chairman David Arntsen*

**Light Refreshments Served  
Reservations Required to  
315-829-4272 or lupusmidny@aol.com**

## **2nd ANNUAL LUPUS AWARENESS DAY**

**Sponsored by Assemblywoman RoAnn M. Destito and Senator Joe Griffo**

**Wednesday, April 28, 2010  
8:30am to 2:30pm**

**Legislative Office Building (LOB) 1st Floor Well**

**Get into the Loop and Learn about Lupus and its impact on the lives of those affected**

*Legislative announcement and presentation  
with members of the New York State Assembly and Senate  
declaring May 2010 “Lupus Awareness Month”*

**Exhibit Display Booths and handouts from the Lupus Agencies of NY State  
And NYS Patient Advocacy Organizations**

**For more information 315-829-4272 or lupusmidny@aol.com**

# FREAR HONORED AS NATIONAL ADVOCATE



Pictured above center Sandi Frear receives the Ann Kunkel Advocacy Award from ACR President Stanley Cohen (left) and ARHP President Pamela Degotardi (right) at the Opening Session of the ACR/ARHP Annual Scientific Meeting in Philadelphia, PA on October 17, 2009. Sandi was chosen as recipient of this prestigious national award for her many dedicated years of volunteer advocacy work on behalf of patients suffering from rheumatological diseases nationally and in New York and Florida. We are honored to have Sandi as a Board Member and Volunteer for our local organization and extend congratulations on her well-deserved accomplishments.



Above left Sandi Frear poses by her Advocacy Award Bio at the ACR/ARHP Scientific Meeting Exhibits. Above right fellow advocate and 2007 honoree of the Ann Kunkel Advocacy Award Kathleen Arntsen proudly joins Sandi by the exhibit which displays both their names as past and present recipients. We are fortunate to have such strong and passionate advocates representing the Lupus Foundation of Mid and Northern New York.

# VOLUNTEERS MAKING A DIFFERENCE



NIAMS Coalition Meeting

## **Intracellular Receptors Play a Role in Lupus and May Hold Clues to Treatment**

Researchers supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) have found new evidence concerning the role of the body's innate immune system in lupus. Their findings, published in the *Proceedings of the National Academy of Sciences*, could eventually lead to ways to block the components of the immune system that initiate or perpetuate the disease.

The innate immune system, or non-specific immune system, is our first line of defense against invading microorganisms and is responsible for initially recognizing and removing these potentially dangerous pathogens. Under normal circumstances, the innate immune system is able to distinguish foreign microorganisms from components of our own bodies and, when necessary, trigger the adaptive, or specific, immune system to fight the invaders by producing antibodies against them. But in some people, a flaw in the process leads to the development of autoantibodies, proteins directed against the body's own components.

For years, researchers have known that people with lupus produce antibodies to their own DNA and research has suggested that a class of receptors, called toll-like receptors (TLRs), located on and within the body's cells, plays a role in the development of these autoantibodies. However, which of these TLRs were involved — and how — was not clear.

The new study by NIAMS-supported researchers at Scripps Research Institute and the University of California at San Diego in La Jolla, Calif., points to a group of TLRs, referred to as endosomal TLRs (eTLRs), expressed in intracellular compartments called endosomes.

The eTLRs work by recognizing the DNA and RNA released into a cell by an invading organism. This primes the adaptive immune system to produce antibodies against the organism. But in certain circumstances — for example, in a person with a genetic predisposition — the eTLRs recognize the body's own DNA and RNA, activating an autoimmune response.

To confirm the role of these eTLRs in the production of antibodies that create an autoimmune response, scientists led by Dwight Kono, M.D., professor of immunology at Scripps Research Institute in La Jolla, Calif., studied mice lacking a protein called Unc93b1, which influences the behavior of eTLRs. They found that in two different lupus-prone mouse strains, the absence of Unc93b1 blocked the production of the harmful antibodies. Even when lupus-prone mice were given a substance that normally enhances disease, they could generate only a small amount of the antibodies, and not enough for disease. However, the lupus-prone mice were able to create antibodies to infectious agents, showing that blocking eTLRs might not lower normal immune responses in these mice.

These findings suggest that eTLRs might act as an Achilles' heel in susceptible individuals, creating a way for the body's own protective mechanisms to mistakenly attack its own cells. Their findings also suggest that it may be possible to block eTLRs that cause autoimmunity without interfering with the protection from infection that other TLRs provide. The researchers hope to continue their research in mice with the hopes of eventually finding applications for treating lupus in people.

The mission of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), a part of the Department of Health and Human Services' National Institutes of Health, is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases. For more information about NIAMS, call the information clearinghouse at (301) 495-4484 or (877) 22-NIAMS (free call) or visit the NIAMS Web site at <http://www.niams.nih.gov>.

###

Reference: Kono DH, Haraldsson MK, Lawson BR, Pollard KM, Koh YT, Du X, Arnold CN, Baccala R, Silverman GJ, Beutler BA, Theofilopoulos AN. Endosomal TLR signaling is required for anti-nucleic acid and rheumatoid factor autoantibodies in lupus. *Proc Natl Acad Sci USA*. 2009 Jul 21;106(29):12061-6.

## ***Tenth Annual LUPUS Charity Golf Classic Raffle***

*Drawing to be held August 13, 2010 at Shenendoah Golf Club*

**1<sup>st</sup> Prize – Set of Ping G15 Irons 4-PW w/Steel Shafts  
\$899 value or \$500 Cash**

**2nd Prize – Basket Full of Surprises**

**3<sup>rd</sup> Prize – Shenendoah Gift Certificate**

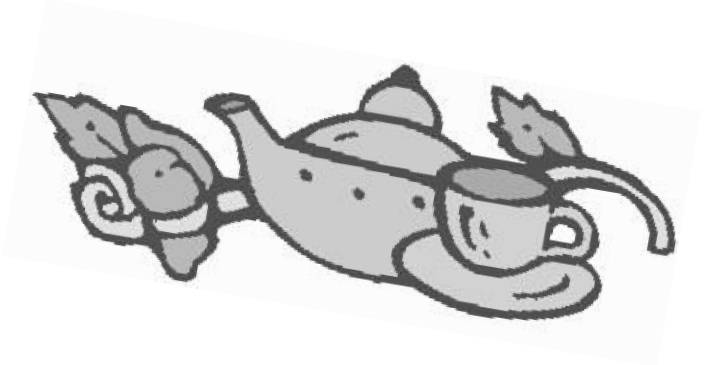
*All proceeds benefit: Lupus Foundation of Mid and Northern NY*

*\* Need not be present to win*

*Donation \$5.00 each or 3 for \$10.00*

# An Invitation to Celebrate Spring and Support Lupus

**WHAT:** Tea Party  
**WHERE:** Your Home  
**WHEN:** April 1, 2010



## Recipe for a successful tea party:

1. *Dust off the stove*
2. *Find the teapot (if you can't find the teapot, a mug will do)*
3. *Cookies Optional*
4. *Take the phone off the hook*
5. *Kick off your shoes*
6. *Put your favorite music on the stereo*
7. *Write out your donation check*

Please consider supporting the Lupus cause this Spring by participating in our Tea Party. Proceeds from this non-event will be used to fund our Programs:

Newsletter Printing & Postage  
Lupus Awareness and Education Programs  
Continued Training to update our leaders on lupus information  
Distribution of lupus materials for health fairs and inquirer packets  
Telephone hotline and web site

*Please make checks payable to:*

***Lupus Foundation***

***PO Box 139***

***Utica, New York 13503***



***Thank you for your Consideration and Support!!!***

*The Lupus Foundation of Mid and Northern New York, Inc. is a tax-exempt charitable organization eligible to receive tax-deductible contributions under IRS Code Section 501(c)(3). Our federal tax identification number is 16-1083229 and a copy of our latest annual report may be obtained upon request from us or The NYS Attorney General's Charities Bureau at 120 Broadway, NY, NY 10271. For more information on our event please contact us by phone at 315-829-4272 or e-mail lupusmidny@aol.com.*

# Clinical Trial Opportunities

## LUPUS TRIALS

The SUNY Upstate Medical University  
Syracuse, NY

is conducting clinical research studies on

### Basic research

Metabolic control of systemic autoimmunity

Role of the HRES-1/Rab4 Locus in SLE

Mitochondrial Hyperpolarization in Lupus T cells

### Clinical studies

Treatment of SLE with N-acetylcysteine

Prospective study of Rapamycin for SLE treatment

For more information please call:

Andras Perl, MD PhD at (315) 464-4194

Irene Ramos at (315) 464-5247

## THE LUPUS FAMILY REGISTRY AND REPOSITORY

The LFRR is actively researching the different ways in which SLE affects various ethnic groups. Families with one or more living members diagnosed with lupus may be eligible for one of the following studies:

- Minorities and Lupus
- African American Studies
- Hispanic American Studies
- American Indian Studies
- Asian American Studies
- All Ethnicities
- Families with one lupus patient
  - Families with two or more lupus patients
- Unrelated volunteers also needed

For more information, please visit  
<http://lupus.omrf.org> or call a recruiter,  
toll-free at 1.888.655.8787 (1.888.OK.LUPUS)



Find a clinical trial.  
Talk to your doctor.  
Get involved.

**LUPUS**  
Together  
FOR CLINICAL TRIALS TODAY

Visit [LupusTrials.org](http://LupusTrials.org) »

## LUPUS RESEARCH OPPORTUNITIES

If you are interested in learning about  
upcoming Clinical studies and  
Research treatments call us to enter our

### LUPUS PATIENT REGISTRY

You'll be the first to hear about an exciting future  
using investigational treatments.

For more information please call:

**(585) 275-7167**

University of Rochester  
Clinical Immunology Research Center  
601 Elmwood Avenue  
Rochester, NY

# LUPUS FOUNDATION OF MID AND NORTHERN NEW YORK MEMBERSHIP APPLICATION & ORDER FORM

Name:	Date:																								
Address:	Phone #:																								
City, State, Zip:	Work #:																								
E-mail address:	Fax #:																								
<input type="checkbox"/> Single (\$10.00) <input type="checkbox"/> Renewal <input type="checkbox"/> Family (\$15.00) <input type="checkbox"/> New <input type="checkbox"/> Professional (\$25.00) <input type="checkbox"/> Patron (\$50.00) <input type="checkbox"/> Courtesy	Other Donation (please list) <hr style="width: 80%; margin: 5px auto;"/> <input type="checkbox"/> Interested in Support Groups																								
<table style="width: 100%; border: none;"> <tr> <td style="width: 60%;"><input type="checkbox"/> LUPUS BOOK Revised by Daniel J. Wallace, MD</td> <td style="text-align: right; width: 40%;">\$ 24.00 plus \$4.00 S &amp; H</td> </tr> <tr> <td><input type="checkbox"/> COPING WITH LUPUS by Robert H. Phillips, PhD</td> <td style="text-align: right;">\$ 15.00 plus \$3.00 S &amp; H</td> </tr> <tr> <td><input type="checkbox"/> COOLIBAR SUN PROTECTIVE CLOTHING</td> <td style="text-align: right;">\$ 20.00 plus \$5.00 S &amp; H</td> </tr> <tr> <td><input type="checkbox"/> THE AUTOIMMUNE EPIDEMIC by Donna Jackson Nakazawa</td> <td style="text-align: right;">\$ 15.00 plus \$4.00 S &amp; H</td> </tr> <tr> <td><input type="checkbox"/> AWARENESS WRISTBANDS <i>Orange or Purple</i></td> <td style="text-align: right;">\$ 1.00 plus .25 per 3 S &amp; H</td> </tr> <tr> <td><input type="checkbox"/> BEANIE BEARS</td> <td style="text-align: right;">\$ 10.00 plus \$3.00 S &amp; H</td> </tr> </table>		<input type="checkbox"/> LUPUS BOOK Revised by Daniel J. Wallace, MD	\$ 24.00 plus \$4.00 S & H	<input type="checkbox"/> COPING WITH LUPUS by Robert H. Phillips, PhD	\$ 15.00 plus \$3.00 S & H	<input type="checkbox"/> COOLIBAR SUN PROTECTIVE CLOTHING	\$ 20.00 plus \$5.00 S & H	<input type="checkbox"/> THE AUTOIMMUNE EPIDEMIC by Donna Jackson Nakazawa	\$ 15.00 plus \$4.00 S & H	<input type="checkbox"/> AWARENESS WRISTBANDS <i>Orange or Purple</i>	\$ 1.00 plus .25 per 3 S & H	<input type="checkbox"/> BEANIE BEARS	\$ 10.00 plus \$3.00 S & H												
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<b>Up-to-date Lupus Foundation of America, Inc. Brochures      There is a \$.25 fee per brochure</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">___ What is Lupus?</td> <td style="width: 33%;">___ Anti-Phospholipid Antibodies</td> <td style="width: 33%;">___ Lupus &amp; Vasculitis</td> </tr> <tr> <td>___ Kidney Disease &amp; Lupus</td> <td>___ Pregnancy &amp; Lupus</td> <td>___ Childhood Lupus</td> </tr> <tr> <td>___ Skin Disease</td> <td>___ Blood Disorders in SLE</td> <td>___ Lupus in Men</td> </tr> <tr> <td>___ Sjogren's Syndrome</td> <td>___ SLE &amp; The Nervous System</td> <td>___ Depression</td> </tr> <tr> <td>___ Medications</td> <td>___ Steroids Used in Treatment of Lupus</td> <td>___ Drug-Induced Lupus</td> </tr> <tr> <td>___ Lupus &amp; Infections</td> <td>___ Laboratory Tests Used in Diagnosis</td> <td>___ Basics for Better Living</td> </tr> <tr> <td>___ Cardiopulmonary Disease</td> <td>___ Non-Steroidal Anti-Inflammatory Drugs</td> <td>___ Photosensitivity</td> </tr> <tr> <td>___ Joint &amp; Muscle Pain</td> <td>___ Lupus in Overlap w/ Connective Tissue Disease</td> <td></td> </tr> </table> <p style="text-align: center; margin-top: 10px;"><b>Please remit total payment to: Lupus Foundation PO Box 139 Utica, NY 13503</b></p>		___ What is Lupus?	___ Anti-Phospholipid Antibodies	___ Lupus & Vasculitis	___ Kidney Disease & Lupus	___ Pregnancy & Lupus	___ Childhood Lupus	___ Skin Disease	___ Blood Disorders in SLE	___ Lupus in Men	___ Sjogren's Syndrome	___ SLE & The Nervous System	___ Depression	___ Medications	___ Steroids Used in Treatment of Lupus	___ Drug-Induced Lupus	___ Lupus & Infections	___ Laboratory Tests Used in Diagnosis	___ Basics for Better Living	___ Cardiopulmonary Disease	___ Non-Steroidal Anti-Inflammatory Drugs	___ Photosensitivity	___ Joint & Muscle Pain	___ Lupus in Overlap w/ Connective Tissue Disease	
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A limited number of pieces of Coolibar Sun Protective Clothing are available for a discounted price of \$20 per item. Please call the office for more information on styles and sizes.

Beanie Bears are also available for \$10 each  
 Lupus ends with US in white  
 Someone I Love has LUPUS in dark brown

## SAVE THE DATE

**Wednesday, March 31, 2010  
 General Education Meeting & Chat Session  
 6:45pm at Rossetti Education Center  
 Madison-Oneida BOCES in Verona, NY  
 Reservations Required to 315-829-4272**

**April 1, 2010 Tea Party Fundraiser**

**Wednesday, April 28, 2010 Lupus Awareness & Advocacy Day in Albany**

**May is Lupus Awareness Month**

**Saturday, May 15, 2010 6th Annual Lupus Education Symposium  
 "Tools for Today, Hope for Tomorrow"  
 Madison-Oneida BOCES in Verona, NY  
 9:00am to 2:30pm at Rossetti Education Center  
 Registration Required**

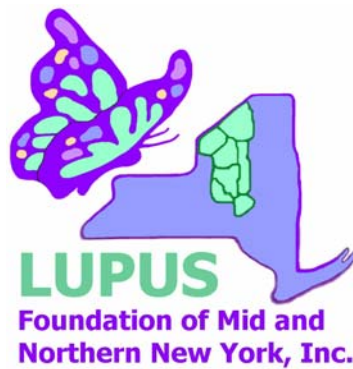
**Friday, August 13, 2010 10th Annual Lupus Charity Golf Classic**

The Lupus Foundation of Mid & Northern NY, Inc.  
 is proud to be a member of the



- ◆ National Coalition of Autoimmune Patient Groups
- ◆ Lupus Research Institute National Coalition
- ◆ NIAMS Coalition
- ◆ Lupus Agencies of New York State
- ◆ NIAMS Lupus Federal Working Group





**6th Annual Education Symposium & Luncheon**  
**“Tools for Today, Hope for Tomorrow”**

**Saturday, May 15, 2010**

**9:00am to 2:30pm**

**Rossetti Education Center at Madison-Oneida BOCES  
in Verona, NY (Exit 33 NYS Thruway)**

**Presenters include:**

**Andras Perl, MD, PhD**  
**SUNY Upstate Chief of Rheumatology**  
*The Latest on Lupus*

**Shane M. Sopp, MD, FACOG**  
**OB / GYN**  
*Osteoporosis*

**Lorraine A. Calleri, OTR, LMT**  
*The Wellness Approach to Managing Stress  
and the Effect on the Body*

**Local Clinical Trial & Prescription Assistance Information**  
**Exhibit Booth Displays and Handouts**

**No cost to current members: \$20 fee to non-members  
limited to 150 attendees, registration required**

**For more information or to receive a registration form please  
call 315-829-4272 or e-mail [lupusmidny@aol.com](mailto:lupusmidny@aol.com)**

**Wellness Checks & Massage Therapy**

**Hand Waxing and Massages**