

LUPUS FOUNDATION OF SOUTHERN ARIZONA



Spring 2016

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**SEE INSIDE FOR MORE
INFORMATION ABOUT THE
APRIL 23RD WALK THE LOOP
FOR LUPUS**

CALENDAR

APRIL

23RD

15TH ANNUAL WALK THE LOOP FOR LUPUS

Join us at Reid Park for the 15th annual Walk the Loop for Lupus. Check our website for registration and additional information.

MAY

15TH

HIT THE LINKS FOR LUPUS GOLF TOURNAMENT

Join us at Omni Tucson National for the Hit the Links for Lupus Golf Tournament. Check our website for registration and additional information.

3RD WEDNESDAY OF EACH MONTH – SUPPORT GROUP

The support group meets at the LFSA office on 4602 East Grant Road the 3rd Wednesday of each month at 10:00 AM. Open to the public.

1ST WEDNESDAY OF EACH MONTH – COFFEE TALK

The coffee talk group meets at the LFSA office on 4602 East Grant Road the 1st Wednesday of each month at 6:00 PM. Open to the public.

For more information, visit www.lupus-az.org and "like" us on Facebook



OUR MISSION

To provide support, education and partnership to those affected by Lupus, while promoting the development and enhancement of health and social welfare at the local level.

The Lupus Foundation of Southern Arizona exists for one reason only ... and that is to provide all possible support to those dealing with the disease.

Please let us know if you have any questions about our listed support services or if you would like to suggest additional opportunities that the Foundation might explore in serving the local lupus community.



BOARD OFFICERS

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LETTER FROM THE PRESIDENT



As we prepare for a beautiful Tucson springtime, let me first give thanks to everyone involved in making 2015 the best year ever for LFSA. I would like to thank our sponsors, community partners, donors, members, event attendees and all who participated to help bring in funding to the organization. Your contributions allow LFSA to continue its mission in serving the Lupus community of Southern Arizona which provides assistance to every Lupus patient in need and all those impacted by Lupus.

I would also like to thank all who serve the Foundation - from our very active Board to our staff and volunteers. Thank You! With everyone's help, LFSA is turning a corner with the success of four programs implemented in 2015. Our Women's Retreats, Camps for Kids, Emergency Medical Fund, and Scholarship program are in full force.

Two new programs were launched in January of 2016 – LFSA Cares and LFSA for Kids. If you are interested in any of our programs or wish to volunteer, please visit our website at www.lupus-az.org for details.

In addition to one-on-one support, LFSA also hosts two support groups each month. Coffee Talk and the AM Support Group meetings both provide a means to connect the Lupus community, provide information, support and an open forum for sharing. The calendar for these meetings are also posted online.

Please join us for LFSA's 14th Annual Walk-the-Loop-for-Lupus April 23rd as we are trying to break the 1,000 walker ceiling and we can't do it without your help. If you are a golfer, we are holding our Hit-the-Links for Lupus May 15th at the Omni Tucson National. Information on both events are posted on our website, or feel free to call our office at 520-622-9006 to register.

As I celebrate my 30th year of LIVING with Lupus, it is my hope to convey to everyone with Lupus, or those who have been touched by Lupus in some way, that you are not alone. It is difficult for people living with Lupus to juggle work, family, life challenges and STAY WELL.

Remember, you are not alone in your journey, so please visit our website for all of our support group and program information.

Please stay in touch with us, either by phone or visit, through Facebook or on our website, as we welcome your input, your journey, your thoughts, and your needs.

Rebecca Shields, President

"It is extremely important for patients, either newly diagnosed or those having lupus for some time, to know they are not alone and there is help, support, guidance and empathy."

— Rebecca Shields

Tracking a Medical Mystery - Tucson Lifestyle
November 2015

DID YOU KNOW?

? Lupus effects 1.5 million Americans - more than AIDS, sickle-cell anemia, cerebral palsy, multiple sclerosis, and cystic fibrosis combined.

? From the onset of symptoms, it takes an average of 6 years to be diagnosed with lupus.

? 40% of adults with lupus, and 65% of children, will experience kidney complications.



LFSA IN THE COMMUNITY

LFSA THERAPEUTIC WOMEN'S RETREAT

In October 2015, LFSA held its first therapeutic women's retreat. The event was at the White Stallion Ranch, a beautiful dude ranch on the west side of town.

The weekend included various activities such as horseback riding, a meditation lesson, journaling and vision board crafts, great food and conversations. We are looking forward to our next retreat this spring. Please let us know if you are interested in attending.



"Thank you for the wonderful time and place that you provided for our retreat. I enjoyed every minute. The Ranch was a perfect setting for such an occasion; peacefully surrounded by mountains and desert. I just know I lucked out being invited. The ladies I met were open, honest and caring. I loved our interaction and discussions. Horseback riding was especially enjoyable. I wish you all well and pray that God continue to bless you and your work with Lupus. With love and appreciation, Kathy"

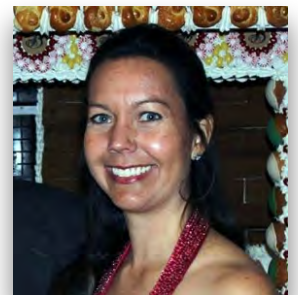
Kathy 2015 LFSA Retreat

LFSA LIMITED SCHOLARSHIP PROGRAM

The **Lupus Foundation of Southern Arizona Limited Scholarship Program** offers Lupus patients or those financially impacted by Lupus to continue a higher level of education. LFSA is offering \$3000 annual scholarship awards to those candidates who qualify.

"The generosity of LFSA allows me to continue my education without feeling like I need to "do more" to "make up" the money I'm spending on tuition. My scholarship is generously covering a significant portion of my total tuition and relieves a financial burden from my family, one that I rather felt like I put there. My husband encourages me by telling me that my getting Lupus is a blessing in disguise. He says that with a degree in dietetics I may find something someday- not a magic bullet, but a tidbit of advancement-to help all of us. I hope this becomes the case."

Michelle Johnson 2015 LFSA Scholarship recipient



"This scholarship has been such an amazing gift. I can't even begin to describe how much it has lessened the burden of going back to school....Due to the stress of school and the cost of stress on lupus patients, I have decided to resign from my position at work and focus solely on school, my family, and most importantly, my health. This scholarship has given me that opportunity. It has given me the peace of mind to know that my family and I will be just fine financially. The Lupus Foundation of Southern Arizona scholarship program is an amazing opportunity for lupus patients seeking to follow their dreams and further their education. I speak on behalf of myself and my family when I say how appreciative we are."

Veronica Avery 2015 LFSA Scholarship recipient

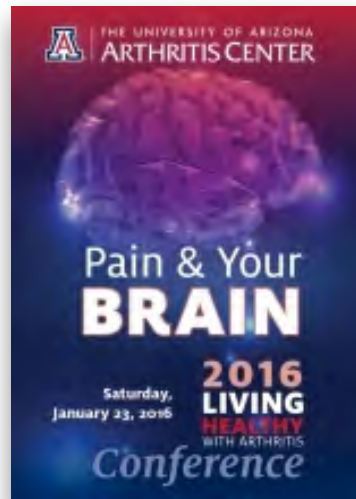
LFSA IN THE COMMUNITY

INTERESTED IN ATTENDING AN LFSA EVENT AS A PARTICIPANT OR A VOLUNTEER?
CONTACT US AT 520.622.9006

LFSA AWARENESS CAMPAIGN

One of LFSA's goals is to increase awareness of lupus for medical professionals, employers, and patients and friends of lupus patients. Representatives of LFSA have accepted invitations to speak at various events including:

- Allen School of Health Sciences presentation
- Catalina Pointe Rheumatology discussion with medical team
- University of Arizona Living Healthy With Arthritis Conference 2016
- Health Fairs including the University of Arizona Arthritis Center 2016 Living Healthy Conference
- Various articles in local publications including Desert Leaf Magazine, February 2016, Tucson Lifestyle November 2015
- Radio interview on PowerTalk 1210



Thank you to our Community Partners!



TO REGISTER,
VISIT
WWW.LUPUS-AZ.ORG

WALK the LOOP FOR LUPUS
presented by:
MillerCoors

2016 WALK THE LOOP FOR LUPUS
APRIL 23RD
7:30 AM
@ REID PARK

LFSAEVENTS



LUPUS FOUNDATION OF SOUTHERN ARIZONA GALA

The Lupus Foundation of Southern Arizona's first Gala was a huge success with over 140 guests. Thank you to everyone who participated! We enjoyed a beautiful setting at The Lodge at Ventana canyon, where our guests were treated to great meal and a wonderful evening. Our phenomenal guest speaker, Dr. Bridget Walsh, DO, explained Lupus and its ramifications to the large enthusiastic audience.

LFSA honored the lives of Amy and Derrick Ross of Nowhere Man and a Whiskey Girl with a presentation to Amy's mother and sisters.

Music for the Gala was provided by Children of Fortune Band. LFSA thanks Jimi Giannatti and Children of Fortune for their support on behalf of NMWG!! THANK YOU!!

The 2015 LFSA Gala was presented by Arizona Dental Medicine, a proud partner and supporter of the LFSA.

The LFSA's silent auction was also a great success, bringing in over \$10,000 – much needed to help fund our programs.

We had over 20 physicians in the audience, along with dozens of lupus patients. One of the foundation goals is to bring the patient community together and we feel this event helped us meet this goal.



Sue Thomas, Lani Baker, Rebecca Shields, Sherri Fritz



Dr. and Mrs. Rick Light (left) of Arizona Dental Medicine



Katie, Ranelle, and Lindy Sisters and Mother of Amy Ross



3RD NMWG BENEFIT NIGHT TO FIGHT LUPUS

The third benefit to honor Amy and Derrick Ross of Nowhere Man and Whiskey Girl was on October 14th and raised over \$8,000. Over ten bands, including Jimmy Eat World performed at the Flycatcher. All proceeds benefited LFSA to help in its fight against lupus and to support those who suffer from the disease.



LUPUS NEWS

CONGRESS INCREASES FUNDING FOR LUPUS IN 2016

LUPUS FOUNDATION OF AMERICA 12.18.2015

Congress voted to pass the Consolidated Appropriations Act (H.R. 2029) that will fund the federal government for 2016. Thanks to the leadership of the Lupus Foundation of America and its vast network of dedicated lupus activists, the bill provides significant funding increases and vital support for lupus research and education programs.

The bill includes:

- **\$6 million** for the National Lupus Patient

researchers studying specific diseases, including lupus.

- **\$2 million** for the Office of Minority Health lupus program with a new focus on developing and implementing a clinical trial education action plan for lupus.

The Lupus Foundation of America and its lupus activists will continue to work with Congressional Champions to improve the quality of life for people with lupus and increase funding for lupus research and education initiatives to get the answers we need to solve the cruel mystery.



biggest goals as physicians is to find effective ways to provide patients with advice on the day-to-day problems they may encounter while living and coping with a chronic autoimmune disease.

Patients often struggle with repeated flare ups and other scattered symptoms of lupus. A question that always comes up is "What can I do to help prevent this from getting worse?" That is why no one leaves my office without a handful of pamphlets and a headful of solid information. Education helps lupus patients

better manage their disease and live long, happy lives.

Protecting from the Outside In

Most people with lupus will experience some sort of skin involvement during the course of their disease. Sun exposure leads to DNA damage, which can trigger systemic inflammation. Therefore, it is especially important for people with lupus to practice effective sun safety. There are many options for people who

enjoy the outdoors, such as SPF-protected clothing and adequate strength sunblock. Many people think they don't need SPF when going outside in the winter or if they are outside for

VARIOUS INSTITUTES TO BENEFIT FROM INCREASED FEDERAL FUNDING

Registry program at the Centers for Disease Control and Prevention (CDC), the largest appropriation in its history and a Foundation priority since 2003.

- **\$32 billion** for the National Institutes of Health (NIH), one of the largest increases in recent years to the agency that funds the majority of lupus research.
- **\$278.7 million** for the Department of Defense's (DoD) Peer-Reviewed Medical Research Program's (PRMRP), which provides funding only to

LIVING WELL WITH LUPUS

USNEWS & WORLDREPORT
BELLA FRADLIS, M.D. 7/2/2015

"Lupus! Is it lupus?" Many remember "Seinfeld's" George Costanza and his panic over the possibility of having lupus. The show exposed large audiences to the idea of lupus; however, it sensationalized a disease that can actually be well managed.

The medical community is continuing to learn about the pathophysiology and mechanisms behind lupus, as well as developing new treatment strategies for this complicated disease. However, one of our

A QUESTION THAT ALWAYS COMES UP IS "WHAT CAN I DO TO HELP PREVENT THIS FROM GETTING WORSE?" ... EDUCATION HELPS LUPUS PATIENTS BETTER MANAGE THEIR DISEASE AND LIVE LONG, HAPPY LIVES.

short periods of time; however, the sun is able to reach the skin regardless of the season and duration of exposure. I tell my patients to wear SPF every day. The best sunscreen is the one they actually don't forget to use.

Raynaud's Phenomenon

People with lupus may experience Raynaud's, a symptom that occurs when there is temporarily reduced blood flow to fingers and toes. It often happens during exposure to cold temperatures or stress.

Keeping the whole body warm, not just the extremities, can help. It is wise to have chemical hand warmers ready in the winter months and, more importantly, to keep your core body temperature warm. To keep circulation flowing, ask your doctor about massage and exercises. Keep your doctor informed of your symptoms, as sometimes a prescription medication is necessary for patients who experience persistent and severe symptoms despite conservative measures. Also remember to contact your doctor if you experience an especially long-lasting episode with prolonged pain and/or with ulcer formation, because this requires more intense treatment and can sometimes be a medical emergency.

Heart Health

Cardiovascular disease is the No. 1 cause of death in people with lupus. Being overweight and having elevated blood pressure are the two most important predictors of heart disease in people who have lupus. Seeing a dietitian can help people learn to adopt a low-fat, low-cholesterol diet. It is also important to follow up with your primary care doctor and have your annual health assessment done, which may include a cholesterol level. If you have diabetes, your doctor will suggest ways to control it. Try to get involved in regular exercise programs to keep you active. If you are a smoker, the best thing you can do for your heart health is quit.

Immunizations

Lupus increases the risk for many infections. Many people with lupus also take immunosuppressive medicines to control their overactive immune system, and these medications decrease the body's ability to respond to infection. Lupus can also alter the immune response (regardless of what medications one is taking), putting people at increased risk for infection.

Before patients start immunosuppressive therapy, they should make sure to discuss vaccines with their physician. The seasonal flu vaccine and the pneumonia vaccine are considered safe and effective in most lupus patients, so do not be surprised if your doctor brings these up with you at your visit. Live vaccines, however, should be discussed on a case-by-case basis with your rheumatologist.

Another way to protect yourself from infection is by washing your hands often and minimizing close contact with sick family members during cold and flu season if possible, especially if you are on medications that suppress your



immune system.

Lupus and Pregnancy

It is a long-standing myth that women with lupus should never become pregnant. In fact, women with lupus have an excellent chance of a successful pregnancy when symptoms are in remission

and when patients work closely with rheumatologists and specialists in maternal-fetal medicine.

ALTHOUGH THERE IS NO CURE FOR LUPUS, I HAVE SEEN PATIENTS GO YEARS WITHOUT MAJOR FLARES, AND MANY OF THEM ARE ABLE TO LEAD PRODUCTIVE AND HAPPY LIVES.

Women who are contemplating pregnancy should talk to their doctor three to six months before they plan on getting pregnant if possible. This gives the rheumatologist a chance to evaluate the safety of the patient's medications and whether these need to be adjusted/changed so as to minimize risk of harm to the baby. Schedule regular visits, and report symptoms of flare as soon as they occur.

Living Well

Although there is no cure for lupus, I have seen patients go years without major flares, and many of them are able lead productive and happy lives. Learn at your own pace, and lean on family and friends for support. When that is not enough, attend lupus support groups. Don't forget that emotional healing and the physical healing go hand-in hand.

LFSA SUPPORT

WOMEN'S RETREATS
SUPPORT GROUP MEETINGS



LFSA AWARENESS

LFSA MAGAZINE
TALKS AND LECTURES
AWARENESS CAMPAIGN

Lupus.
Learn about it.



Visit us at www.lupus-az.org

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HOSPITAL CARE PACKAGES
BLANKETS FOR DIALYSIS PATIENTS
EDUCATION SCHOLARSHIPS



LFSA FOR KIDS

BACK TO SCHOOL
KICK OFF TO SUMMER
FAMILY RETREATS



POSITIVE RESULTS FROM PHASE III STUDY OF BENLYSTA

GLAXOSMITHKLINE (GSK) 11/10/2015



On Saturday, Nov. 7, GSK announced results from the BLISS-SC Phase III pivotal study in patients with active, autoantibody-positive systemic lupus erythematosus (SLE). These results, which are being presented at the American College of Rheumatology/Association for Rheumatology Health Professionals Annual Meeting, showed that Benlysta® (belimumab) 200mg administered weekly via subcutaneous injection plus standard of care (SoC), showed significantly greater reductions in disease activity compared to placebo plus SoC.

For the primary efficacy endpoint (Systemic Lupus Erythematosus Responder Index (SRI) at Week 52), significantly more patients treated with belimumab administered subcutaneously plus SoC (60.8%) showed reduced disease activity compared to placebo plus SoC (48.47%, $p=0.0011$). SRI is a comprehensive composite endpoint measure, used in the pivotal Phase III BLISS clinical trial programme for belimumab administered intravenously. The SRI components measure reduction in disease activity defined as clinical improvement (SELENA-SLEDAI) with no significant worsening in any organ system (BILAG) and no worsening in overall patient condition (PGA).

For the two pre-specified

secondary efficacy endpoints, the study showed that the time to severe flare was significantly delayed in patients receiving belimumab administered subcutaneously plus SoC (170 days, $p=0.0003$) compared to those on

placebo plus SoC (116.5 days). In addition, in patients receiving more than 7.5mg/day of prednisone ($n=503$), 18.2% of patients receiving belimumab administered subcutaneously plus SoC in the study were able to reduce their steroid dose by 25% or more to ≤ 7.5 mg/day during Weeks 40-52, compared with 11.9%

BENLYSTA...SHOWED SIGNIFICANTLY GREATER REDUCTIONS IN DISEASE ACTIVITY COMPARED TO PLACEBO.,

of those on placebo plus SoC, but this did not reach statistical significance ($p=0.0732$).

"Despite use of current standard of care, such as glucocorticosteroids and immunosuppressants, about 60% of lupus patients continue to experience persistent symptoms and severe disease flares," said Paul-Peter Tak, Senior Vice-President and Head of the Immuno-Inflammation Therapy Area Unit at GSK. "This is GSK's third successful Phase III study of belimumab in patients with lupus, the results of which reinforce our belief in the BLYS pathway as a means of reducing underlying disease activity. On the basis of these data, we expect to progress

towards global regulatory filings for a belimumab subcutaneous formulation, which if approved, will provide appropriate patients with a new approach to treatment administration."

The overall safety profile of belimumab in BLISS-SC was consistent with that observed in the two previous BLISS studies (BLISS-52 and BLISS-76). The overall incidence of treatment-related adverse events (AEs) was 31.3% with belimumab administered subcutaneously plus SoC vs 26.1% with placebo plus SoC [the most common of which were infections/infestations (belimumab administered subcutaneously plus SoC 18.7% vs placebo plus SoC 18.9%) and general disorders and administration site conditions, primarily injection site-related events (belimumab administered subcutaneously plus SoC 6.3% vs placebo plus SoC 3.6%)]. Incidence of AEs leading to discontinuation in the belimumab administered subcutaneously plus SoC group was 7.2% compared to 8.9% with

placebo plus SoC. The percentage of patients experiencing a serious AE was 10.8% with belimumab administered subcutaneously plus SoC compared with 15.7% with placebo plus SoC. A total of 5 deaths were reported;

3 (0.5%) with belimumab administered subcutaneously plus SoC, and 2 (0.7%) with placebo plus SoC. The overall incidence of death in all the randomised controlled studies of belimumab in lupus was 0.7% for the belimumab group, which is similar to that in the placebo group (0.5%).

Belimumab subcutaneous formulation is currently not approved for use anywhere in the world.

Benlysta is indicated in the US for the treatment of adult patients with active, autoantibody-positive, systemic lupus erythematosus (SLE) who are receiving standard therapy.

FOODS THAT FIGHT INFLAMMATION

HEALTHMAGAZINE – MARCH 2016

Inflammation is part of the body's immune response; without it, we can't heal. But when it's out of control—as in rheumatoid arthritis—it can damage the body. Plus, it's thought to play a role in obesity, heart disease, and cancer.

Foods high in sugar and saturated fat can spur inflammation. "They cause

overactivity in the immune system, which can lead to joint pain, fatigue, and damage to the blood vessels," says Scott Zashin, MD, clinical professor at the University of Texas Southwestern Medical Center in Dallas.

Add these items to your plate today.
By Amanda MacMillan



Beets



Nuts



Tart Cherries



Onions & Garlic



Olive Oil



Turmeric & Ginger



Berries



Leafy Greens



Whole Grains



Fatty Fish



Soy



Low-Fat Dairy



Tomatoes

SLE DISTINGUISHED FROM FIBROMYALGIA WITH 100% SPECIFICITY IN NEWLY DESIGNED TEST

LUPUS NEWS TODAY 2.11.2016 BY:
PATRICIA INACIO, PHD

A recent study found it is possible to distinguish systemic lupus erythematosus (SLE) patients from those with primary fibromyalgia (FM), with complete specificity, using a new test measuring the levels of abundant proteins in circulation. The study, "Systemic lupus erythematosus and primary fibromyalgia can be distinguished by testing for cell-bound complement activation products," was published in *Lupus Science &*



Medicine.

SLE is an autoimmune systemic disease with patients experiencing a variety of symptoms that include chronic pain, arthralgia, fatigue, and morning stiffness. Many, however, present symptoms that are non-specific and not in agreement with the formal criteria established by the American College of Rheumatology. As a result, they may long remain undiagnosed.

SLE has been distinguished from other diseases by combining clinical history, demographic information, and age at disease onset with a clinician examination accompanied by laboratory tests looking

for antinuclear antibodies (ANA), among other SLE-specific autoantibodies. However, the specificity of this test for SLE is challenged, given that around 14 percent of the general population is also positive for antinuclear antibodies as are, importantly, 15 percent to 25 percent of people with FM.

Researchers investigated if a test had already proved more sensitive when compared with anti-DNA antibodies (the standard method for SLE diagnosis), and was an effective strategy for differentiating SLE from primary FM. The test combines cell-bound complement activation products (CB-CAPs) biomarkers (including erythrocyte-C4d, EC4d and B-lymphocyte-C4d, BC4d) with standard rheumatic disease autoantibodies into a multi-analysis assay with algorithm (MAAA).

A total of 75 SLE and 75 primary FM adult individuals with confirmed diagnosis (using appropriate classification criteria) were studied. Researchers measured both CB-CAPs and antinuclear antibodies followed by CB-CAPs-MAAA. The team found that CB-CAPs in MAAA could be evaluated in 138 of the 150 subjects enrolled (92 percent) and resulted in 60 percent of sensitivity for SLE, while reporting negative results for every FM patient tested, therefore rendering a 100 percent specificity.

"We believe that this practical tool with enhanced performances compared with traditional complement measure (C3/C4) can help establish a diagnosis for SLE. Moreover it is a practical measure of

complement activation as blood specimen can be shipped overnight from the physician office to the laboratory," the authors wrote.

These results suggested that the CB-CAPs in MAAA test is capable of differentiating SLE from FM, with a particular significance for patients positive for antinuclear antibodies. "The measurement of CB-CAPs in MAAA could facilitate the appropriate referral of symptomatic patients with a positive ANA to the rheumatologist, and thus help initiate appropriate course of treatment," the authors concluded.

DID YOU KNOW?

- SLE was initially classified as an autoimmune disease in 1851.
- The disease was named lupus, Latin for wolf, maybe because the butterfly rash resembles the fur pattern on a wolf's face or after a "loup", a French-style of mask used to conceal the face rashes.



Photo: Stacy Westly Photography

RESEARCHERS DISCOVER 10 NEW LUPUS GENES

OKLAHOMA MEDICAL
RESEARCH FOUNDATION

An international coalition of researchers led by Oklahoma Medical Research Foundation scientist Swapan Nath, Ph.D., has identified 10 new genes associated with the autoimmune disease lupus. The findings were published in the Jan. 25, 2016 issue of *Nature Genetics*.

Nath and his colleagues analyzed more than 17,000 human DNA samples collected from blood gathered from volunteers in four countries: South Korea, China, Malaysia and Japan. Of those samples, nearly 4,500 had



confirmed cases of lupus, while the rest served as healthy controls for the research.

From that analysis, the researchers identified 10 distinct DNA sequence variants linked to lupus, a debilitating chronic autoimmune disease where the body's immune system becomes unbalanced and attacks its own tissues. It can result in damage to many different body systems, including the joints, skin, kidneys, heart and lungs. More than 16,000 people are diagnosed with lupus in the U.S. each year, and it affects as many as 1.5

million Americans and 5 million people worldwide, according to the Lupus Foundation of America.

"We know lupus has a strong genetic basis, but in order to better treat

THE ULTIMATE GOAL IS TO UNDERSTAND THE DISEASE BETTER AND DEVELOP PERSONALIZED INTERVENTION THERAPIES...

the disease we have to identify those genes," said Nath, a member of OMRF's Arthritis and Clinical Immunology Research Program. "Large-scale studies of this magnitude are becoming the gold standard for locating genes associated with autoimmune diseases like lupus."

Thirty-seven researchers from 23 institutes, hospitals and universities in the United States, Malaysia, Korea, China and Japan took part in Nath's study.

"These findings mark a significant advance in our knowledge base for lupus genes," said Judith James, M.D., Ph.D., director of OMRF's Autoimmune Disease Institute and Arthritis and Clinical Immunology Research Program chair. "For every gene we identify, it brings us closer to uncovering the trigger for this puzzling disease. It's good news for researchers and patients alike."

In the study, one gene in particular, known as GTF2I, showed a high likelihood of being involved in the development of lupus. "GTF2I seems to be one of the key players in lupus susceptibility," said Nath. "Its genetic effect appears to be higher than previously known lupus genes discovered from Asians, and

we surmise that it now may be the predominant gene involved in lupus."

With these new genes identified, Nath and his colleagues can try to pinpoint where defects occur and whether those mutations contribute to the onset of lupus pathogenesis. Nath said that understanding where and how the defects arise will allow scientists to develop more effective therapies specifically targeting those genes.

The ultimate goal, said Nath, is to understand the disease better and develop personalized intervention therapies for patients based on their genetic makeup. "We are a long way from that point, but huge collaborative efforts like this help to get things going."

RAFFLE BENEFITING TUCSON CHARITIES
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TICKET PRICE \$25
OR 5 FOR \$100

Exclusive: Only 4,300 of these cars were made!

THE MILLIONS for TUCSON RAFFLE

The Jim Click Automotive Team is presenting a new 2016 Ford Mustang Shelby GT350, to the entire community...to be used as the featured prize in our on-going effort to raise millions of dollars for non-profit organizations in Greater Tucson.

With your \$25 contribution (or 5 tickets for \$100) you could win a 2016 FORD MUSTANG SHELBY GT350! The best part is that 100% of your contribution will support Greater Tucson charities - that keep all the proceeds from the maximum 100,000 tickets which will be sold. The drawing will be held on December 15, 2016. Entries must be received by December 9, 2016.

To purchase raffle tickets, contact us at 520.622.9006

**\$25 per ticket
\$100 for 5 tickets**



**SUNDAY, MAY 15, 2016
OMNITUCSON NATIONAL**

TO REGISTER, VISIT WWW.LUPUS-AZ.ORG

SPONSORSHIP OPPORTUNITIES AVAILABLE



DID YOU KNOW?

- ? Lupus is an unpredictable autoimmune disease that causes inflammation of various parts of the body and can affect the heart, lungs, skin, and kidneys
- ? Lupus is not contagious
- ? 90% of those with lupus are women
- ? There is currently no cure for lupus
- ? Lupus is not rare

Lupus Foundation of Southern Arizona
4602 East Grant Road
Tucson, Arizona 85712

Do you have Lupus?
Do you have a family member with Lupus?

THE LUPUS
FOUNDATION
OF SOUTHERN ARIZONA

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EDUCATION
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QUESTIONS? CALL 520.622.9006

