



April 23<sup>rd</sup> is the Date!

Hello Team Captains!

Welcome to the 2016 Walk the Loop for Lupus. As you can imagine, things are getting exciting at the Lupus office as the walk approaches. We are expecting 2016 to be the best year yet! Your support and commitment are instrumental in bringing much needed education, support and programs to Southern Arizona's lupus patients. We appreciate those of you who are joining us for the first time and welcome back to those of you who are returning from previous years!

For you newbies, there are prizes for the largest team of registered walkers and for the individual who raises the most money in donations. So get your teams registered and encourage your team to recruit more walkers! We also have a prize for the team captain that has the "most creative" team. That could be either in your team's attire (t-shirt design), costume, items they carry, banners and such. In the past years, we have had teams walk in bath robes, angel wings, pirate attire, Hawaiian leis and more. We are looking forward to what you come up with this year!

For those of you who are new, teams must consist of at least 3 walkers (including you). Captains of teams with 3 to 9 members will receive a prize at the registration desk prior to the walk. Captains of teams with 10 or more walkers will receive their prize after the walk at the awards ceremony.

Encourage your friends, family and co-workers to register on your team before the free t-shirt deadline on April 9<sup>th</sup>.

If you want a photo of your team, have all team members' show up early and meet at the photographer station for a team photo. Photographers will be on hand to take pictures with YOUR camera so don't forget to bring your camera.

Plan on arriving early to check out our memory balloon booth, silent auction, Lupus information booth and our sponsor's tables. Grab some great goodies and a quick massage before the walk!

Please contact me with any questions. Feel free to send an email or leave a message on our Facebook page and I will get back to you. Thank you in advance for your support of this fun and worthwhile event!

See you at the Loop!

Joni Broussard  
Team Captain Coordinator

## TEAM CAPTAIN INFORMATION

Welcome and “**THANK YOU**” for becoming a **TEAM CAPTAIN** for this very worthy cause!!  
We **REALLY** appreciate your efforts! Invite your friends, family and co-workers  
to join you for this fun event on Saturday, April 23rd, 2016.

### TEAM CAPTAINS MUST REGISTER FIRST TO CREATE THE TEAM –

*Then your Team members may register!*

#### TEAM PRIZES AWARDED TO:

*Team with most participants*

*Team that raises the most  
money*

#### TEAM CAPTAINS WITH 10 OR MORE WALKERS

*Receive a very special gifts!*

*to receive a  
**FREE T-SHIRT**  
be sure to register by  
**April 8th, 2016**  
All walkers are eligible*

- Please put your name as the **TEAM CAPTAIN** and the **TEAM NAME** on all of your registration forms **BEFORE** you distribute them.
- If your team mates want to register on-line, remind them to sign up under the team's name.  
[www.lupus-az.org](http://www.lupus-az.org)
- Registration forms **do not** need to be sent in together. Make sure the **TEAM NAME** is on **EACH** registration form. Please make as many photo copies of the registration form as needed for your team.
- Please include your email address. This will be our main way of communicating with you.
- [jonib0603@yahoo.com](mailto:jonib0603@yahoo.com) is the Team Coordinator's email address. (Joni Broussard)
- **THANK YOU** in advance for encouraging your teammates to raise money for this worthwhile cause.

**MOST OF ALL, we hope you have FUN with this event!**

**Be creative, dress in the same color shirts, wear crazy hats, or pick a fun theme, etc.**

**THANK YOU for supporting our annual  
“Walk the Loop for Lupus”.**

**All donations are tax deductible. 100% of the net proceeds from this event stay right here in Tucson and surrounding communities, providing education and support to Lupus families.**



# Facts About Lupus

## TYPES OF LUPUS

- **Systemic lupus erythematosus** causes inflammation in various parts of the body, most commonly the joints, kidneys, skin, brain, heart, lungs, and blood vessels. Sometimes few, if any, symptoms are evident (remission), and other times the disease is active (flare). Systemic lupus is the most common form of lupus, and is what most people mean when they refer to "lupus." Systemic lupus can be mild or severe.
- **Cutaneous lupus erythematosus** is limited to the skin. Although cutaneous lupus can cause many types of rashes and lesions (sores), the most common rash is raised, scaly and red, but not itchy; it is called a discoid rash because the areas of rash are shaped like disks, or circles. Sometimes the lesions will heal with no scarring, other times there can be permanent scarring. Another common example of cutaneous lupus is a rash over the cheeks and across the bridge of the nose, known as the malar, or "butterfly" rash. Hair loss and changes in the pigment, or color, of the skin are also symptoms of cutaneous lupus. Approximately 10% of people with cutaneous lupus will develop systemic lupus.
- **Antiphospholipid syndrome** leads to a blood clotting disorder. Like cutaneous lupus, this condition can be seen in people with systemic lupus or it can exist on its own. This syndrome can lead to strokes, heart attacks, and miscarriages, as well as other blood clotting disorders.
- **Drug-induced lupus** is a lupus-like disease caused by certain prescription drugs. The drugs most commonly connected with drug-induced lupus are hydralazine (used to treat high blood pressure or hypertension), procainamide (used to treat irregular heart rhythms), and isoniazid (used to treat tuberculosis). The lupus-like symptoms usually disappear within six months after the drug is stopped.
- **Neonatal lupus** is a rare condition that can affect infants of women who have lupus. At birth, the infant may have a skin rash, liver problems, or low blood cell counts, but these symptoms usually disappear after several months with no lasting effects. A very small percentage of infants with neonatal lupus may also have a serious heart defect; however, most infants of mothers with lupus are entirely healthy.

## CAUSES OF LUPUS

The causes of lupus are not known, but scientists believe that genetics (heredity), hormones, and environmental factors all play a role. Environmental factors that can trigger lupus or a lupus flare include: ultraviolet rays from the sun or from artificial light (which can activate inflammatory cells in the skin); certain drugs (sulfas, tetracyclines, penicillin and other antibiotics); and anything that causes stress to the body (infection, surgery, an accident, a cold or a viral illness, being pregnant, or giving birth).

## DIAGNOSIS OF LUPUS

Symptoms of lupus can vary and can come and go, so treatment is based on specific findings in each person. If you think you have lupus, see your doctor. There is no one test for lupus, so your doctor will need to take blood for a variety of tests. Your family health history and your own health history are also important parts of a lupus diagnosis. If your doctor strongly suspects lupus, it is important for you to be referred to a specialist who has experience with this disease, such as a rheumatologist (for joint and muscle problems) or a dermatologist (for skin problems). Early diagnosis is very important in preventing damage to vital organs.

## LIFE WITH LUPUS

Living well with lupus means balancing your activities with rest, and trying to avoid stress. You will want to learn to:

- Listen to your body, but don't give up your goals and dreams.
- Get extra rest, but also get regular exercise when possible.
- Accept help from others, but do something proactive every day.
- Question your doctors, but don't ignore their advice.
- Follow instructions carefully when taking medications.
- Closely monitor your condition with your doctor.

Although there is no cure for lupus, early diagnosis and proper medical treatment can significantly help to manage the disease. Increasing numbers of research studies are underway, to develop new and improved treatments for lupus, and to find a cure.

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

It's a shocking fact. Even more shocking is the fact that millions of people who suffer from Lupus don't even know they have it.

If this is news to you call us for more information, Because the more people know about Lupus, the less people will suffer from it.

**LUPUS FOUNDATION**  
OF SOUTHERN ARIZONA

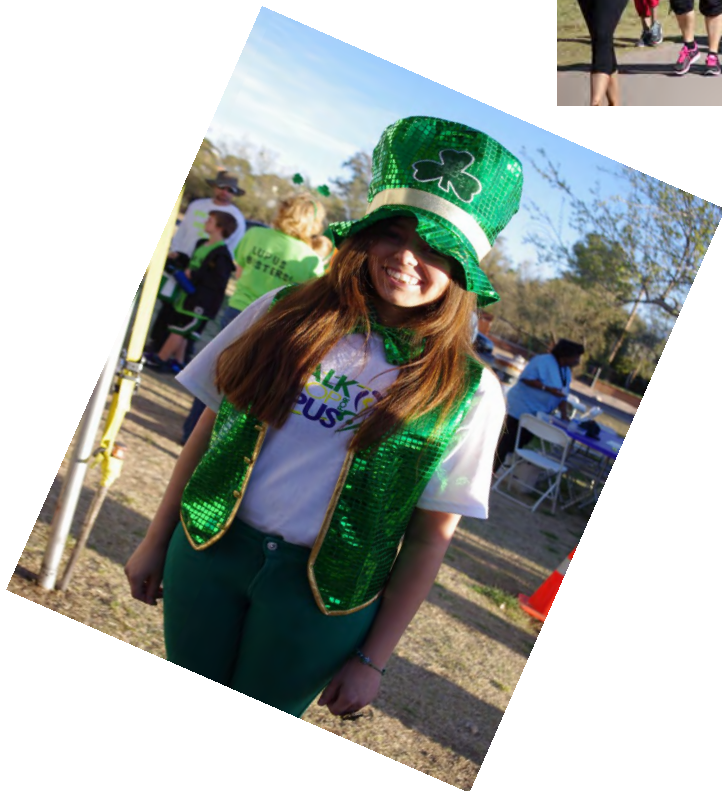
[www.lupus-az.org](http://www.lupus-az.org)

Local 520-622-9006  
Toll Free 1-877-822-9006





# Walk Fun! Have Your Team Dress In Costumes!





All donations are 100% tax deductible and provide support to our many community programs in Southern Arizona.  
For a receipt for your donation, call the Lupus office at (520) 622-9006