

Lupus is a chronic disease characterized by inflammation in one or more parts of the body. It belongs in the family of auto-immune diseases that includes rheumatoid arthritis, multiple sclerosis, juvenile diabetes, and scleroderma. The most common type is systemic lupus erythematosus (SLE). It is estimated that lupus affects tens of thousands of Canadian men, women and children.

A person with Lupus may experience some of the following symptoms:

- Joint pain
- A red rash across the upper cheeks and bridge of nose
- Extreme fatigue
- An unusual reaction to sunlight
- A red scaly skin rash
- Small ulcers inside the nose or mouth
- Chest pain, worse when lying down or inhaling
- Swelling of feet and legs
- Seizures or severe neurological symptoms
- Hair loss

Visit our website to learn more
www.lupuscanada.org

Please return this form
and all pledges to:

BC Lupus Society
200-1645 West 7th Avenue
Vancouver, BC V6J 1S4

Tel: 1-866-585-8787
Fax: 604-714-5555

Walk a Block for lupus is Lupus Canada's most important annual fundraising and public awareness event. Lupus Canada will be celebrating its 9th Annual **Walk a Block** for Lupus event in 2010 and we want you, your family and friends to join together to make this our most successful year yet.

May 10, 2010, will mark the 7th Annual World Lupus Day. Walks and other events will take place worldwide to generate awareness of lupus and raise funds to help support services for people living with lupus.

It is important to know that:

- While lupus can be a serious condition, in most cases it can be treated and controlled;
- Lupus often goes in cycles, with periods of time in which symptoms may disappear completely;
- Diagnosis and treatment are improving, allowing people with lupus to live increasingly active and productive lives.

How can you help? It is fun and easy.

You can:

- Become a Team Leader and lead your team of walkers at one of our walk locations, or start your own walk in your community
- Support a walker and help them reach their fundraising goal
- Be a sponsor for a Walk. Would your company like to sponsor a walk or perhaps offer a corporate matching program?
- Volunteer with the planning of a walk or join to help the day of the walk with registration, set-up, walk route coordinator

The list goes on and on....



Walk a Block for Lupus

*Take a step
to conquer lupus*

Registering online is easy

Just visit

www.walkablock.ca



Lupus Canada

3555 14th Avenue, Unit #3
Markham, ON L3R 0H5
(905) 513-0004
(800) 661-1468
www.lupuscanada.org

