

# LUPUS NEWS BULLETIN

Tips and information from the Lupus Center at Brigham and Women's Hospital

Fall 2016

<http://lupus.brighamandwomens.org/>

## The Importance of Vaccines in Lupus

Sara Tedeschi, MD MPH and Adel Andemeskel

It is important for lupus patients to know why vaccines are so important in lupus, and which vaccines are safe and not safe in lupus.

The risk for infection in people with lupus is higher than people without the disease. This is because in lupus the immune system—which typically helps fight infections—is altered. Some medications used to treat lupus lower the body's ability to fight infections<sup>1</sup>. Additionally, people with lupus are at a five times greater risk of having an infection-related death compared to the general population<sup>2</sup>. Medications that increase the risk for infection include steroids (such as prednisone and Medrol), azathioprine (Imuran), mycophenolate (Cellcept), cyclophosphamide (Cytosan), and belimumab (Benlysta). Hydroxychloroquine (Plaquenil) is not thought to increase the risk of infections.

Only a small percentage of lupus patients receive all recommended vaccinations. While some patients worry that vaccinations could worsen lupus or cause a flare<sup>1</sup>. Studies suggest that most vaccinations are

safe in lupus patients, although they may be less protective<sup>3</sup>. Even if vaccines are slightly less effective for preventing infection in lupus patients, vaccination is still very important<sup>2</sup>. Vaccine recommendations differ by age, thus we suggest you speak with your rheumatologist to make sure you have received all of the recommended vaccines. Vaccine recommendations also differ based on lupus medications. **Live virus vaccines** are not safe when taking certain immunosuppressive lupus medications because of a risk of infection from the vaccine itself. **Live virus vaccines** include measles, mumps, and rubella (MMR), influenza vaccine administered through the nose, and yellow fever vaccine<sup>3</sup>. Inactivated (killed) vaccines such as the flu shot, are generally safe to receive, even if you are taking strong immunosuppressive lupus medications. You should always check with your rheumatologist before receiving a vaccine to make sure it is safe for you.

<sup>1</sup>Salemi S, et al. 2010 <sup>2</sup>Pasoto SG, et al. 2014 <sup>3</sup>Sciascia S, et al. 2013

## Honoring Dr. Peter Schur



Peter H. Schur, MD, Founding Director of BWH Lupus Center

On December 9, 2016, the Brigham and Women's Hospital (BWH) Division of Rheumatology, Immunology and Allergy will host the Peter H. Schur Symposium highlighting progress made in lupus research over the past 50 years. The event will be held in the new "Brigham Building of the Future", to which the BWH Lupus Center will be moving in October, 2016. Speakers include Mary Crow, of the Hospital for Special Surgery in New York, Betty Diamond, from the Feinstein Institute in Long Island, David Pisetsky, from Duke University, and Karen Costenbader, current BWH Lupus Program Director, all of whom will talk about progress in lupus basic and clinical research.

The symposium is being held in honor of Dr. Peter Schur, who has been a central member of the BWH Rheumatology Department for many years and the founding director of the BWH Lupus Center. Dr. Schur is an internationally recognized leader in lupus research and care. Born in Vienna, Austria, his family immigrated to the US in 1939. He graduated from Yale University and Harvard Medical School. He received further medical training at the Bronx

Municipal Hospital in New York, Walter Reed Army Medical Center in Washington DC, and the Rockefeller University, in New York, in the laboratory of the renowned immunologist, Dr. Henry Kunkel. Recruited to BWH in 1967, Dr. Schur quickly rose to Professor of Medicine in 1978. He made groundbreaking discoveries on the role of complement and anti-double-stranded DNA antibodies in systemic lupus, and in the care of lupus patients. He has published more than 300 journal articles, chapters, reviews, and editorials. Dr. Schur has also served as BWH Director of the Clinical Immunology Lab since 1980, as President of the New England Rheumatism Association, Chief Editor of the primary journal of rheumatology, *Arthritis and Rheumatism*, rheumatology editor of *UpToDate* (a physician education resource), and on the Board of Directors of the Lupus Foundation of New England and Lupus Foundation of America. He has led several HMS courses and been involved as a clinical educator for many years. In addition to all of this, he has maintained a large clinical practice. Don't worry though! Dr. Schur has no plans to retire anytime soon.



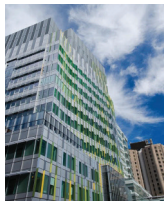
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## Local Events

Date	Event
Sept 25, 2016	<b>24th Annual Lupus Walk on the Charles</b> Lupus Foundation of New England
October 1, 2016	<b>New Hampshire Walk for Lupus</b> Lupus Foundation of New England
October 17, 2016	<b>8th Annual Runway for a Cure</b> Lupus Foundation of New England
October 22, 2016	<b>Lupus Foundation of America Walk</b> To join the Lupus Center Team <a href="http://bit.ly/BWH_TEAM">http://bit.ly/BWH_TEAM</a>
December 9, 2016	<b>Honoring Dr. Peter Schur Symposium</b>

## Announcements

- **We are moving!** Beginning October 3, 2016 our clinic will be located on the 2nd floor in the BWH Building for the Future at: 60 Fenwood Avenue, Boston, MA 02115



• For more information on the Lupus Center, please visit our new website: <http://lupus.brighamandwomens.org/>

## Meet the Faculty



**Deepak Rao, MD, PhD** We are happy to announce that Dr. Rao recently joined the Lupus Center faculty. He received his MD and PhD from the Yale University School of Medicine, where he developed an expertise in immunology. He completed his residency in internal medicine and fellowship in rheumatology both at Brigham and Women's Hospital. He serves as co-director of the BWH Human Immunology Center, where his research focuses on changes in immune cells in patients with rheumatic diseases.

## Faculty

Karen H. Costenbader, M.D., M.P.H.  
Director, Lupus Program

Bonnie L. Bernas, M.D.  
Director, Clinical Lupus Center

Elena M. Massarotti, M.D.  
Director, Clinical Trials in Lupus

Peter H. Schur, M.D.  
Director Emeritus

Medha Barbahaiya, M.D., M.P.H.

Jonathan S. Coblyn, M.D.

Candace H. Feldman, M.D., M.P.H.

Patricia Fraser, M.D.

Deepak Rao, M.D., Ph.D.

Susan Y. Ritter, M.D., Ph.D.

Nancy A. Shadick, M.D., M.P.H.

Sara Tedeschi, M.D., M.P.H.

Derrick J. Todd, M.D., Ph.D.

Michael E. Weinblatt, M.D.

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