

LUPUS NEWS BULLETIN

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

SPRING/SUMMER 2017

<http://bit.ly/bwhlupuscenter>

Fatigue in Lupus *Cianna Leatherwood, MD*

Fatigue is considered one of the most common symptoms of lupus. It can persist even when other symptoms are well-controlled, and can also be a side effect of medications such as corticosteroids (prednisone and Medrol) which are used to treat lupus. Patients with lupus may also suffer from fatigue if they have poor sleep hygiene.

Increased physical activity may benefit heart, lung and bone health in lupus patients, and can help to improve fatigue. For some patients, weight-bearing activities such as running may be limited by joint pain but low impact activities like swimming, walking, elliptical, Pilates, bicycling and Tai Chi are generally well tolerated.

A balanced diet with fresh vegetables, healthy protein and carbohydrates with limited added refined sugar can improve daily energy. Controlling caffeine intake also helps.

Up to 90% of lupus patients suffer from insomnia, which can worsen day time fatigue¹. According to the National Sleep Foundation, adults between the ages of 18-64 years should get between 7-9 hours of sleep a night².



Tips to improve your sleep quality:

- Block all sources of light in the room where you sleep. Using ambient sounds, having a comfortable bed and painting the walls comforting colors also helps.
- Try a bed-time ritual that calms you like exercising 5-6 hours before bedtime, or writing down worrisome thoughts to clear your mind. Avoid alcohol, nicotine or caffeine before bed.
- Wake up to natural light to reset your body's internal clock.
- Get out of bed if you are having difficulty falling asleep and do something relaxing until you feel tired. Avoid watching television if you cannot fall asleep, as the light may make it more difficult to sleep.

Fatigue can be a major barrier to quality of life but making sure that your lupus is well-controlled is one of the main things that helps. With attention to lifestyle modifications, adherence to medications and open discussion with your rheumatologist, there are many strategies that you can try to fight any persistent fatigue.

¹Ahn, G. R. et al. 2012 ²America, L. F. 2017

BWH Lupus Center Events

Peter H. Schur, MD, Research Symposium recap:

Over 100 participants joined the Lupus Center for our inaugural Peter H. Schur, MD, Research Symposium held on Friday, December 9, 2016. In honor of Dr. Schur's impact on the field of rheumatology, participants were treated to updates in rheumatologic research by world-renowned experts. Among the guest speakers were:

Betty Diamond, MD, Head of the Center for Autoimmune and Musculoskeletal Diseases and Professor of Molecular medicine and Medicine at the Hofstra Northwell School of Medicine

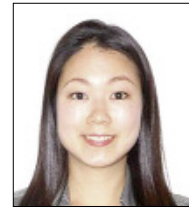
Mary K. Crow, MD, Physician-in-Chief and Chair of the Department of Medicine at Hospital for Special Surgery, and Chief of the Division of Rheumatology at the Weill Cornell Medical College

David S. Pisetsky, MD, PhD, Chief of Rheumatology at Durham Veterans Administration Hospital and Professor of Medicine and Immunology at Duke University Medical School

Closing remarks, touching on Dr. Schur's history with the Brigham and Women's Hospital as well as his contributions to the field, were delivered by Karen H. Costenbader, MD, MPH, Director of the Lupus Program at BWH and an Associate Professor of Medicine at Harvard Medical School. Several of Dr. Schur's patients joined the festivities, and enjoyed the celebration of his illustrious career. One rheumatology trainee noted "[Dr. Schur] has had such an impact on this field, I consider myself lucky to have an opportunity to pay homage to him while also learning about cutting edge research advances at the same time". After the success of this event, participants now eagerly anticipate next year's Peter H. Schur, MD, Research Symposium!



Cianna Leatherwood, MD



Sarah Chen, MD

Fellows Corner

The BWH Rheumatology Fellowship program has partnered with the American College of Rheumatology (ACR) to deliver educational seminars across the country to health care providers about lupus. Learn more about the Lupus Disparities Initiative here: <http://bit.ly/2pFDMWF>. The goal is to improve early detection and treatment, particularly for racial/ethnic minorities who suffer from a disproportionate burden of the disease, and from poorer outcomes likely in part from delayed access to diagnosis, consistent care and monitoring. Starting last September, **Drs. Sarah Chen and Cianna Leatherwood** have led seminars at various sites including: Brookside Community Center, Southern JP Health Center and to BWH Internal Medicine Primary Care trainees.

continued on back

Research Spotlight

LUCIN—New Clinical Research Network

The BWH Lupus Center is pleased to participate in the Lupus Research Alliance’s new clinical research network called LUCIN (Lupus Clinical Investigators Network). Other nationally renowned lupus centers are also represented in the network. A major goal of this new research network is to facilitate lupus clinical trials, including trials of new therapies. Stay tuned for upcoming announcements regarding new clinical trials that may be of interest to you.



We’ll miss you David!

After completing his Master of Science degree at Boston University, David Kreps joined the Lupus Center research Staff in May 2016 as a research assistant. David actively recruits patients for several of our studies and also helps to organize Lupus Center events. In addition to



David Kreps

this David was awarded the Student Achievement Award by the Rheumatology Research Foundation this past fall for his personal work on the associations between rheumatoid arthritis and weight loss. In his free time David enjoys being active, cooking, and playing water polo with his friends. David excitedly plans to take his experiences as a member of our team to medical school this fall!

Community Forum

We will co-host our 2nd annual community forum, Healthy Living with Lupus with the Lupus Foundation of American and the Women of Courage Support Group on *Saturday, June 10th, 2017 from 12-4pm* at Sportsmen’s Tennis & Enrichment Center in Dorchester. Physician and patient experts will speak on topics ranging from nutrition, depression and mindfulness. We will also provide an update on our ongoing research. *Event is free and open to patients, family and friends and we hope you will join us! Lunch will be served.* To RSVP or for questions, contact David Kreps (dkreps@partners.org) or <https://goo.gl/Eph5BR>

Faculty

- Karen H. Costenbader, M.D., M.P.H.
Director, Lupus Program
- Bonnie L. Bermas, 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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