



# Lupus News

Tips and information from the BWH Lupus Center

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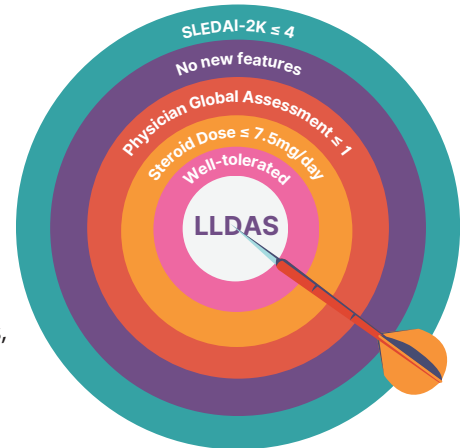
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## Understanding the Lupus Low Disease Activity State (LLDAS)

by Emily Oakes

As new medications arrive on the scene and lupus treatment overall continues to improve, the “target-to-treat principle” is being adopted. Improving lupus-related symptoms, and more generally decreasing lupus activity, are primary goals in lupus management. The “target-to-treat” principle implies introducing and adjusting treatments to decrease disease activity or even achieve remission. However, because lupus is so complex, it can be difficult to know when the disease activity has significantly decreased or is in remission. The Lupus Low Disease Activity State (LLDAS) is a new target for lupus treatments and describes a state of fewer flares, reduced organ damage, and improved health-related quality of life. In this relatively new clinical target, patients’ clinical data regarding their SLE disease activity index (SLEDAI), disease features, Physician Global Assessment (PGA), steroid dosage, and toleration of current treatment methods are considered, most of which are already a regular component of clinical care visits.



A recent study from the Monash University in Australia and the Asia-Pacific Lupus Collaboration has further suggested that LLDAS, like disease remission, also protects against mortality. The study of 3,811 patients with SLE found that there was a lower death rate, and thus increased survival, among the patients who were in LLDAS, providing a strong reason it should be the target for disease treatment in lupus. As a result, providers and patients should be targeting LLDAS in clinical lupus treatment going forward.

**Brigham and Women's Hospital**

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**To support us:**  
<https://tinyurl.com/DonateBWHLupusCenter>

**To learn more about our Lupus Research Program:**  
<https://lupus.bwh.harvard.edu/>

**LUCIN – Clinical Research Network**



LUPUS  
RESEARCH  
ALLIANCE

**LuCIN**  
Lupus Clinical Investigators Network

The BWH Lupus Program is participating in the Lupus Research Alliance’s clinical research network, LUCIN (Lupus Clinical Investigators Network) to facilitate lupus clinical trial and studies, including trials of new therapies and treatment options. If you would like to be directly contacted about BWH Lupus study opportunities, please contact Emily Oakes at [eoakes@bwh.harvard.edu](mailto:eoakes@bwh.harvard.edu).

**Other Upcoming Events**

Lupus Medical and Educational Symposium, (Lupus Foundation New England)

**When:** May 2, 2023, 11 am-6pm **Where:** Beechwood Hotel, 363 Plantation St, Worcester, MA

Lupus Foundation of America New England ‘Walk to End Lupus Now!’ Kick Off Celebration

**When:** May 4, 2023, 6:30-9:30pm **Where:** Tony C’s Sports Bar & Grill, 699 Assembly Row, Somerville, MA

Lupus Foundation of America ‘Walk to End Lupus Now’

**When:** October 14, 2023 **Where:** Boston Common (Tremont St. & Boylston St.)

## Introducing Karli Retzel, Community Resource Specialist

Karli Retzel joined the Lupus Center in September 2022 as a Community Resource specialist. Karli works for Dr. Candace Feldman on the RAISE Trial to address social determinants of health in lupus patients. She graduated from Wheaton College in May of 2021, where she studied psychology and minored in education. She is originally from Western Massachusetts and often spends her weekends working at a dog daycare, reading, or exploring Boston. Fun fact: Karli scored 1,000 points in basketball in high school and went on to play basketball in college!



### Updated Vaccine Recommendations

The American College of Rheumatology (ACR) has released updated guidelines for vaccinations in patients with rheumatic and musculoskeletal diseases. Please review the table below to make sure you are up to date on your vaccines. Review [www.bit.ly/3LyOycW](http://www.bit.ly/3LyOycW) and contact your rheumatologist to see the complete list and if you are advised to withhold any medications prior to vaccination.

Vaccine	Disease(s) Prevented	Recommendation
<b>Pneumococcal vaccine</b>	Pneumonia, Meningitis, Sepsis	Strongly recommended for patients with rheumatic disease <65 years old who are on immunosuppressive medication (and all patients ≥ 65 years old)
<b>Recombinant Zoster vaccine (Shingrix)</b>	Shingles	Strongly recommended for patients with rheumatic disease >18 years old who are on immunosuppressive medication (and all patients ≥ 50 years old)
<b>HPV vaccine (Gardasil, Cervarix)</b>	Human Papillomavirus (HPV)	Recommended for patients with rheumatic disease >26 and <45 years old who are on immunosuppressive medication and have not been previously vaccinated (and all patients ≤ 26 years old)
<b>Influenza vaccine</b>	Flu	<i>High-dose or adjuvanted influenza vaccine recommended annually (over regular-dose influenza vaccination) for all rheumatic disease patients ≥ 65 years old and rheumatic disease patients &gt;18 and &lt;65 years old on immunosuppressive medication</i>

## BWH Spring Community Lupus Forum – May 6, 2023!

The Brigham and Women’s Lupus Center is happy to announce our Spring Community Lupus Forum! This annual community forum, proudly sponsored by the Lupus Foundation of America and Sportsmen’s Tennis and Enrichment Center, will be a hybrid event on Saturday, May 6th from 11:00 am-2:00 pm. Lupus patients, family, and caregivers are invited to attend and hear from physicians and invited speakers on important topics such as skin manifestations and lupus nephritis. We will accommodate up to 35 attendees in person at Sportmen’s Tennis and Enrichment Center located at 950 Blue Hill Avenue, Dorchester Center, MA on a first come, first serve basis. All other attendees are happy to join us via Zoom. To register, please visit <http://lupus.org/springcommunityforum>. We look forward to seeing you there!

### Agenda:

- 11:00-11:15: Welcome & Introductions
- 11:15-12:00: Lupus and the Kidneys -- Dr. Gearoid McMahon, BWH
- 12:00-12:30: Lunch for those in-person
- 12:30-1:15: Lupus and the Skin -- Dr. Dustin Taylor, BWH
- 1:15-2:00: Panel Discussion between people caring for people with lupus: moderated by people living with lupus

SCAN ME



## Dr. Schur Retires from Clinical Care

After 56 years at Brigham and Women’s Hospital, Dr. Peter Schur is retiring from clinical care. Born in Vienna, Austria, Dr. Schur immigrated with his family to the US in 1939 where he attended Yale University and later Harvard Medical School. Dr. Schur received further medical training at the Bronx Municipal Hospital, Walter Reed Army Medical Center, and the Rockefeller University before joining Brigham and Women’s Hospital (BWH) in 1967. Over his career, Dr. Schur maintained a large clinical practice while simultaneously making groundbreaking discoveries in lupus, publishing hundreds of articles, and overseeing a variety of community and institutional leadership roles. Dr. Schur was the founding member of the BWH Lupus Program and served as Director Emeritus of the Program and Director of the BWH Clinical Immunology Lab. He will be greatly missed by patients and colleagues alike. Thank you for all your contributions, Dr. Schur!

