



Allergy, Immunology, & Rheumatology
University of Rochester Medical Center

IQ LUPUS NEWSLETTER

For the latest lupus news and information

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New RSV Vaccines Coming this Fall for Adults Over 60

Respiratory Syncytial Virus (RSV) is a respiratory virus that typically occurs in the fall and peaks in the winter. For healthy individuals, it can cause mild, cold-like symptoms, but for infants and older adults, the virus can be serious. Symptoms usually last 5-10 days and include runny nose, sore throat, cough, headache, fatigue, and fever.

Adults with underlying health conditions that affect the immune system, like lupus, may experience more serious symptoms of the virus that can lead to pneumonia. This fall, it will be important to talk to your provider about whether receiving the RSV vaccine is appropriate for you. Currently, the CDC states the RSV vaccines will be recommended for adults 60 years and older.

New COVID Boosters Coming this Fall

We recommend getting the updated Covid booster when they come out this fall. Vaccines continue to show that they protect against severe disease. This booster is designed to protect against the Omicron variant which has been the predominant strain in 2023.

Lupus and the Heart

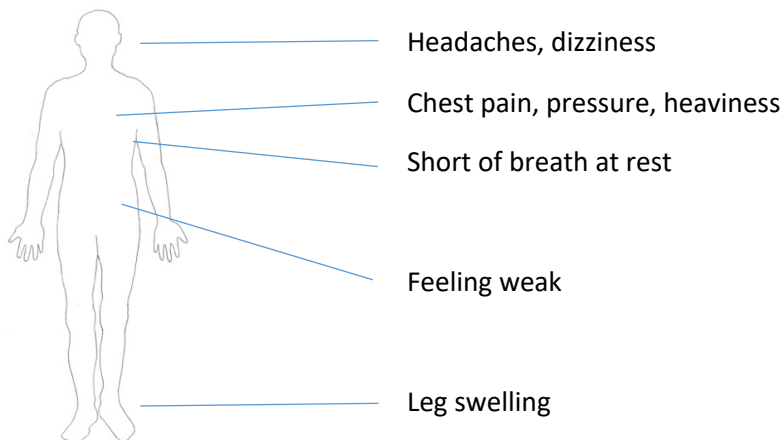
Heart disease is the #1 cause of death for all Americans. If you have lupus, you have a greater risk for developing heart disease because of the following risk factors:

- Studies show that the cells lining the inside of blood vessels (endothelial cells) become damaged with lupus and repair slowly. This leads to plaque build-up, narrowing of the vessels, and coronary artery disease earlier than in people without lupus.
- Steroids can cause high blood pressure, high cholesterol, and diabetes—all of which increase risk of heart disease. The higher the dose of steroid and the longer you are on it, the higher the risk.
- Smoking, family history of heart disease, high blood pressure, high cholesterol, and obesity are also risk factors.
- Patients with chronic kidney disease or lupus nephritis have the highest risk for heart complications.

What Can You Do to Limit Your Risk of Developing Heart Disease?

- If you smoke, seek assistance with quitting smoking.
- Maintain a healthy weight (Body Mass Index (BMI) <25).
 - Limit high fat foods like fried foods & processed foods.
 - Focus on a diet high in fruits, vegetables, whole grains (whole grain bread, rice, and pasta), lean meats (chicken, turkey) and fish.
- Maintain an exercise routine (20 minutes a day, 3-5 times a week)..
- Minimize salt intake (less than 2 g of salt per day).
 - Choose low sodium foods and use spices to flavor food instead of salt.
 - Buy fresh and frozen foods over canned as canned foods tend to have higher sodium amounts.
 - Read food labels—some breads, cheeses, meats have more sodium than others.

Early Warning Signs of Heart Disease



Sometimes there are no symptoms at all. It's important to have yearly check-ups with your primary care doctor to evaluate your blood pressure, weight, overall health, and to complete routine lab work.

Medications: Tips & Tricks for Remembering to Take Them

It's common to forget your medications sometimes or to feel like you need a break from them, but to get the best results they need to be taken at around the same time every day.

- Educate yourself on your medications. If you don't know why you are taking a specific medication, ask your doctor. We are more willing to take medications when we understand how they are helping us.
- Keep your medications in a safe spot away from children, but visible to see.
- Use a weekly pill container and fill it at the same day each week.
- Set a daily reminder on your phone to take your medication or place a note on your fridge or other areas in your home that you frequently use.

Healthy Smoothie Recipes to Try this Summer!

Blueberry-Spinach Smoothie

1 cup almond milk or liquid of choice
1 cup frozen blueberries
1-2 cups baby spinach
1 tablespoon almond or peanut butter
1 pinch cinnamon powder
1 tablespoon chia seeds (optional)

Pinapple-Turmeric Smoothie

1 cup almond milk or liquid of choice
2 cups frozen pineapple chunks
1 banana
1 pinch ginger powder or 1 tsp fresh grated ginger
1 tablespoon fresh or dried turmeric
1 tablespoon chia seeds (optional)

Research Corner

Participation in clinical trial research is extremely important so we can learn about new ways to treat Lupus. If you are interest or are willing to be contacted by a member of our research team to learn more, let Jen from the IQ Lupus team know and she will get you connectd. Jen's work cell number: (585) 369-5028.

UPCOMING EVENT: LUPUS EDUCATION DAY

Lupus Education Day will be held on November 4th, 2023 at Helen Wood Hall (across from Strong Hospital). Flyers and more information will be sent out in the coming months!

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