



NEWSLETTER

Get The Conversation Started

Vol 1 Issue | MAY 2020

Spring

Happy Lupus Awareness Month!

May is such an important time for so many Lupus warriors as it places a much-needed spotlight on an under-funded, underrecognized and a silent killer disease. Lupus advocacy is not only important for lupus patients, but for supporters and organizations alike. We all can play a part in working towards Life Without Lupus. A more aware society is one that is more empathetic towards those living with lupus and the daily challenges that come along with this. Despite the fact that over 1.5 Million American are living with lupus today, there is still much to be done in regards to research and recognition. Whether or not you are currently living with lupus, know someone with lupus, or have just recently learned about the disease, Marlene's Kaleidoscope challenges you to advocate. We love for you to help us GET THE CONVERSATION STATED! That can look like sharing a post on Facebook, volunteering at a local lupus event or even spreading the word about the signs and symptoms of lupus.

May is an exciting month filled with special events for lupus awareness – these give us an opportunity for us to show our support for individuals living with lupus. On May 10th, Marlene's Kaleidoscope, along with many more organizations around the world will celebrate annual World Lupus Day! There is no boundary to the impact of lupus. Lupus is a global health problem that affects people of all races, ethnicities, genders and ages. Lupus can affect any part of the body in any way at any time, often with unpredictable and life-changing results. World Lupus Day is so important to so many people around the world, country and within our own communities. It helps bring much needed attention to the effects that this illness may have on an individual and the need for increased medical sponsorship and services. Learn more at www.worldlupusday.org. On May 15 we will also join in celebrating Put on Purple! On this day, we encourage you in joining us to wear purple and show your support for lupus awareness and lupus patients all over the world! Help raise awareness and rally public support for this under-funded and under-recognized disease. Mobilize individuals, corporations, physician offices, hospitals, people with a connection to lupus and the general community to get the word out about Put On Purple day and build excitement and interest.



Who is Marlene's Kaleidoscope

Marlene's Kaleidoscope is a nonprofit Lupus advocacy organization serving the Greater Kansas area, the organization was founded La Tanya Marlene Pitts Lipprand who has Lupus. La Tanya is dedicated spreading the awareness of Lupus within Kansas City. Marlene's Kaleidoscope is commitment to:

- Bringing awareness of the signs and symptoms of Lupus
- Reducing diagnosis disparities about Lupus within our community
- Improving the lives of people affected by all forms of Lupus. More information go to www.mk4lupus.com

Please join Marlene's Kaleidoscope



**Purple Light
for Lupus /
Ribbon Month**

For more Information [click here](#)

PUT ON PURPLE



Show support of those who suffer from the brutal impact of lupus

**Put on Purple!
May 15.2020**
For more Information
[click here](#)



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Letter from CEO and Founder

Hello Friends,

I hope this note finds you healthy, safe, and hopeful. We just want to say thank you for all your support for Marlene's Kaleidoscope. We know that our community and world is going through a lot. We are closely monitoring the Coronavirus (COVID-19) outbreak and making adjustments to our 2020 events calendar. [Read more](#)

What is Lupus

Just Imagine not feeling well and you have been to approximately ten physicians, in and out of Emergency Room trying to find out what is wrong, all your labs are normal, and they tell you it's all in your head. Then one day, you finally get diagnosed with an autoimmune disease called Lupus. [Read More](#)

My Story Sandra Williams, Kansas City,

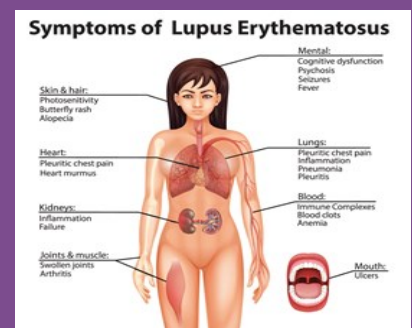
I guess to start at the beginning. My oldest sister's best friend was the first person I knew to pass with complications from lupus. So I had an idea of what lupus could do but was not aware of what she went through. Sonya was a sweet woman I remember seeing her with the rash and her wigs and didn't understand. [Read More](#)



Sign & Symptoms of Lupus

Because lupus can affect so many different organs, a wide range of signs and symptoms can occur. These symptoms may come and go, and different symptoms may appear at different times during the course of the disease. **The most common symptoms of lupus (which are the same for men and women) are:**

- Extreme fatigue
- Headaches
- Painful or swollen joints
- Fever



For the latest on Hydroxychloroquine (Plaquenil) and Coronavirus (COVID-19) Questions and Answers.

<https://www.lupus.org/resources/hydroxychloroquine-plaquenil-coronavirus-covid19-questions-answers>



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Lupus and Coronavirus (COVID-19)

A shortage of Hydroxychloroquine / Plaquenil is making Lupus Patients worry.

Source: <https://www.newsweek.com/fda-shortage-hydroxychloroquine-chloroquine-1495555>

The U.S. is facing shortages of antimalarial drugs being used experimentally to treat COVID-19 patients, according to the Food and Drug Administration (FDA). Both hydroxychloroquine and chloroquine, which are used to treat malaria, lupus and rheumatoid arthritis, are listed as "currently in shortage" by the agency. This is "due to a significant surge in demand," the body said. [Read More](#)

For up to date information go to on the COVID-19 go to following

National-<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Local- <https://www.kcmo.gov/city-hall/departments/health/coronavirus>

Lupus Foundation of America <https://www.lupus.org/heartland/the-latest-updates-regarding-covid19-coronavirus>

Living a healthy Lifestyle with Lupus

Source: <https://www.cdc.gov>

The best way to keep your lupus under control is by following your treatment plan and taking care of yourself. These steps can help. <https://www.cdc.gov/lupus/basics/managing.htm>



Orange-Banana Smoothie

- 8 ounces unsweetened coconut milk (or use almond milk)
- 1 banana, peeled
- 1/2 orange, peeled and deseeded
- 1 kiwifruit, peeled
- 2 cups kale, chopped (or other leafy green)



Thank you for pausing from your busy to read Marlene's Kaleidoscope first issue. 2020 marks our third year of our Get the Conversation Started in Kansas City area. This has been the ambition of La Tanya Pitts Lipprand the Founder and CEO of Marlene's Kaleidoscope. This letter was started to help bring spotlight and awareness about Lupus in the Kansas City area. You are receiving it because we've had some previous dealing. If ever you don't wish to continue receiving it, please just let us know and we will remove your email. We welcome comments, and story ideas. We would love to hear for you kbutter-