

**caring  
programs  
to improve**

# Quality of Life

for all people affected by lupus



## Our Mission

The Lupus Foundation of America is dedicated to improving the quality of life for all people affected by lupus through programs of research, education, support and advocacy.

## What We Do

No one should have to face the suffering, frustration, and uncertainty of lupus alone. The Lupus Foundation of America understands the emotional turmoil, economic hardships and physical pain caused by lupus. We are here to listen, to provide answers, and to give caring support. We collaborate with lupus medical experts to produce information and programs to help people with lupus and their doctors better manage the disease. We provide answers to questions about lupus, tools and resources, and guide individuals and families through the complexities of living with lupus toward a better quality of life.

## Local Programs at a Glance



### Support Group

We offer a free monthly support group for individuals living with lupus and their loved ones in St. Louis. This group provides an opportunity to receive information about lupus, share experiences, and reinforce positive coping strategies. The group meets the second Thursday of every month at Northwest Healthcare in Florissant.



### Retreats

To help girls and young women who are living with lupus meet and learn from others with the disease, we offer the Summer Jam Youth Retreat, a free weekend summer camp for girls ages 12-19 with lupus, and Transitions, a free one-day retreat for young women ages 19-29 with lupus.



### Information & Education

Through collaboration with lupus medical experts, we produce accurate information, literature, resources and referrals to help people with lupus better understand and manage their disease. We offer a number of free educational programs including workshops, and annual lupus conferences.



### Lupus Patient Assistance Fund

Provides limited financial assistance to people living with lupus within our chapter territory who can demonstrate a true financial need. The emphasis is on helping people maintain their independence, safety, health and quality of life. Funding may provide for equipment, transportation, utilities, rent, medical expenses, etc.



# Online Programs & Resources

## Heartland Chapter Website

**[lupus.org/heartland](http://lupus.org/heartland)**

Stay connected with what is happening in the Heartland Chapter including upcoming programs, events, and local resources.

## National Resource Center on Lupus

**[lupus.org/resources](http://lupus.org/resources)**

One-stop resource for all things lupus from diagnosis to treatment to living well with the disease.

## Lupus Connect™

**[lupusconnect.inspire.com](http://lupusconnect.inspire.com)**

Our online lupus community where members can engage with others to share experiences and find support.

## The Expert Series

**[lupus.org/resources/lupus-the-expert-series](http://lupus.org/resources/lupus-the-expert-series)**

An educational video series featuring empowering presentations from leading lupus experts with a focus on helping you live well with lupus. Each month, lupus experts will offer invaluable insight on a variety of important topics, providing you with the knowledge you need to better manage the disease.

## Take Charge

**[lupus.org/take-charge](http://lupus.org/take-charge)**

Take Charge is a weekly education email series for people with lupus, including those recently diagnosed. Each week for 8 weeks, you'll get an email from our Health Educators with tips and resources that can empower you to take charge of your health.

## Lupus Research

Throughout our 40+ year history, the Lupus Foundation of America has made pioneering contributions toward ending the brutal impact of this misunderstood and unpredictable disease.



### Our Work in Lupus Research

- Leading Scientific Initiatives
- Funding Lupus Investigators
- Advocating to Increase Public and Private Investment

### Our Research Focus

We are dedicated to unlocking the mysteries of lupus to improve the lives of people with this devastating disease. We are accomplishing this objective by:



**Reducing the time to diagnosis** to help people with lupus get the right treatment sooner and avoid serious outcomes such as organ damage.



**Funding research that looks at the unique needs** of those at highest risk for lupus and developing ways to detect severe symptoms sooner and devise enhanced care plans.



**Providing an arsenal** of effective and targeted treatments that have fewer side effects. We are currently funding promising new treatment being tested using a form of adult stem cells called mesenchymal stem cells.

## Get Involved & Raise Awareness

Our community network is the driving force behind our progress. Join hundreds of volunteers, people living with lupus, caregivers, healthcare professionals, researchers and donors who are making a difference in our lupus community.

### Raise Awareness

- Participate in **May Lupus Awareness Month**
- Share your personal lupus story
- Follow us on social media:  
[facebook.com/LFAheartland](https://facebook.com/LFAheartland)  
[twitter.com/LFAHeartland](https://twitter.com/LFAHeartland)  
[instagram.com/lupusfaheartland](https://instagram.com/lupusfaheartland)

### Raise Funds & Donate

- Make a secure tax deductible donation
- Start a team and register for the **Walk to End Lupus Now™** in St. Louis or Kansas City
- Start Your Own Fundraiser with **Make Your Mark™**

### Volunteer

Volunteers are an integral part of our mission. We offer volunteer opportunities that empower all kinds of people to share their unique gifts to help make a difference. Whether you have 30 minutes or 30 hours, we have a place for you!

### Advocate

Lupus advocates are the voice behind our mission. You don't need to be an expert in government or policy to be an advocate – all you need is your voice, your passion, and a commitment to making a difference.