

The M.U.S.C.L.E.

M.U.S.C.L.E



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Did you KNOW?

\$20k

Is the average total cost in healthcare and lost productivity each year per patient with lupus.



Winter 2018



Medical University of South Carolina Lupus Erythematosus Research Group
Division of Rheumatology and Immunology

WELCOME

Welcome to the
Winter 2018/2019
edition of the M.U.S.C.L.E.
Group Newsletter. We at
the Medical University of
South Carolina Lupus
Erythematosus Group are
working extremely hard to
identify causes and better
treatments for Systemic
Lupus Erythematosus
(SLE).

THANK YOU

**Your contributions to lupus
research are advancing
knowledge about the causes
of lupus, discovering
potential new treatments,
and improving health
interventions.**

The MUSCLE Newsletter is going electronic! If you would like to continue to receive this Newsletter, please send your email address to lupusresearch@musc.edu

Meet Our Team

MUSCLE Investigators

Hazel Breland, PhD, OTR/L
Melissa Cunningham, MD, PhD
Mileka Gilbert, MD, PhD
Gary Gilkeson, MD
Diane Kamen, MD, MSCR
Holly Mitchell, MD
Tammy Nowling, PhD
Jim Oates, MD
Paula Ramos, PhD
Natasha Ruth, MD, MSCR
Betty Tsao, PhD
Edith Williams, PHD, MS
John Zhang, PhD
Eric Zollars, MD, PhD

MUSCLE Study Coordinators

Angela Robinson, MA, CRC, BS
Daniel Melcher, MS
Traeannah Brown, BS, CRC
Amanda Pizzo, MS
Trevor Faith, MSHI

MUSCLE Data Manager

Jonathan Flume

MUSCLE Biorepository Coordinator

Jackie Lipscomb

And the Winners Are...

ANGELA

Our very own
Angela Robinson was
named the
Department of
Medicine **Employee
of the Quarter for
Quarter 4 of 2018.**
She is one of our
valued Clinical
Research
Coordinators.



AND

REBEKAH!

Rebekah Shinta was
named the
Department of
Medicine **Employee
of the Year for
2018!** She is our
Division
Administrator and
so much more.



Congrats ladies. We are lucky to have
you on our team!

Current Lupus Research Studies

Is your lupus active? Are you interested in a stem cell treatment for your lupus?

The purpose of this study is to evaluate the effectiveness of mesenchymal stem cells (MSCs) obtained from umbilical cords for the treatment of adults with moderate to severely active systemic lupus erythematosus (SLE).

Contact Angela Robinson for more information.

843-792-6043

Do you have kidney problems with your lupus? Do you have excess protein in your urine?

The purpose of this study is to see if two different investigational drugs (Filgotinib and GS-9876) can be safe and helpful to treat patients with Lupus Membranous Nephropathy.

Contact Dan Melcher for more information.

843-792-2509

Do you have joint inflammation with your lupus?

This NIH-sponsored study will evaluate whether the cannabinoid JBT-101 taken by mouth daily will decrease the pain associated with active arthritis or tendonitis in patients with SLE.

Contact Traeannah Brown for more information.

843-792-4296

Do you have active rash or joint involvement?

The purpose of this research study is to measure how well and how safe BMS-986165 is in treating patients with Systemic Lupus Erythematosus (SLE) and to determine the optimal dose level.

Contact Angela Robinson for more information.

843-792-6043

Diet and Environmental Effects on Lupus

This study is a one-time visit for lupus patients and healthy control subjects exploring the role of diet and the microbiome in lupus. This is not a drug study.

Contact Trevor Faith for more information.

843-792- 8997

Systemic Lupus Erythematosus in Gullah Health (SLEIGH)

This study enrolls African American patients, family members of patients, and unrelated community members. The purpose of this ongoing registry is to find the genetic and environmental causes of autoimmune disease such as lupus.

Contact Trevor Faith for more information.

843-792- 8997

For a full up-to-date listing of clinical research studies being conducted at MUSC, please visit the SCresearch.org website!



**Do you have Lupus and are
interested in connecting with other
women?**

**The Peer Approaches to
Lupus Self-Management
(PALS) Study Could Be
Right For You!**

PALS is a research study at the Medical University of South Carolina that connects women with lupus with a mentor who also has lupus. Your mentor will encourage you to learn how to manage your lupus better.

**Are you looking for guidance and
support?**

Be a Mentee!

**Are you managing your lupus well and
want to help other women do the same?**

Be a Mentor!



**If interested and for
more information
Please Contact:**

**Dr. Edith Williams
(843) 876-1519
wiled@musc.edu**



**IRB Number:
Pro00080875
Date Approved 08/21/2018**

Important Reminders



EXERCISING WITH LUPUS – Tips & Tricks from April Brown

April Brown (pictured at left) shared some great advice with our team recently that we found inspiring and wanted to share. She has found ways to work short exercise breaks into her work day and has even motivated her co-workers to join her. April has found that even taking 10 minute movement breaks from sitting at her desk gives her a boost of energy — and we know that every bit helps when it comes to the long-term health benefits of exercise.

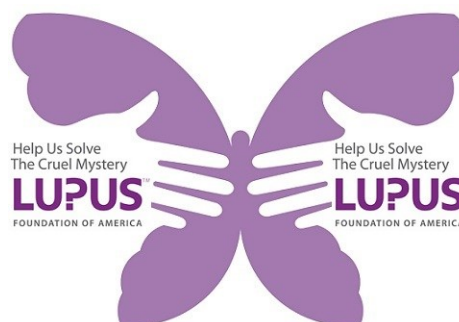
Here are some resources to help you get started:

- “25 Office Exercises: Easy Desk-Friendly Ways to Get Fit” <https://www.snacknation.com/blog/office-exercises/>
- “Exercise: Learn to Love (or at Least Like) It” podcast series from NPR: <https://www.npr.org/podcasts/510329/learn-to-love-exercising>

If you have tips and/or tricks to share with us, please write to lupusresearch@musc.edu — we’d love to hear from you!

Get Your Flu Shot!

Flu season is upon us. Protect yourself and those around you by getting your flu shot. Those with autoimmune disorders are more susceptible to contagions such as the flu virus. Season typically runs October thru May.



Learn more online at the Lupus Foundation of America (lupus.org).

Reserve Your Spot Now!

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8th Annual

Lupus Patient Education Day

<https://is.gd/lupusday>



Date: Saturday, May 4th, 2019

Time: 9:00 am to 2:00 pm

Location: Drug Discovery Building
MUSC Main Campus



M.U.S.C.L.E.

The Medical University of South Carolina
Lupus Erythematosus Research Group

Talks by Experts on:

- Living with Lupus
- Fighting Fatigue
- Affording your Meds
- Latest Research
- Caregiver Support
- Preventing Flares
- Skin Health
- Mental Health

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RETURN SERVICE REQUESTED

Email your questions or concerns to us at:

lupusresearch@musc.edu

Visit our website at:

www.musc.edu/lupus

Call us at:

1-866-859-6107

LUPUS FOUNDATION OF AMERICA

**WALK
TO END
LUPUS
NOW®**

**BE
POWERFUL**

2018

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