

Meet Jodie Young

hello

BIONIC Patient-Partner Spotlight



I was diagnosed with lupus the week before I turned 13 years old, following years of undiagnosed symptoms. That was 30 years ago this past fall. At the time, I had pleurisy so intense that it hurt to breathe, and sleeping was nearly impossible; as well as arthritis so bad I couldn't tie my own shoes or hold a pencil; in addition to numerous other symptoms. I sought support almost immediately and noted the lack of options for teens and young adults, so I started my own support group, and became involved provincially and nationally. This involvement led to my co-authoring the book [Fabulupus](#). I continue my involvement to advocate and educate, as well as support, as I believe in the power of being a patient. I am fortunate that my health is such that I have the energy to speak on behalf of other patients - as a patient, a spouse, a mother and as a social worker.



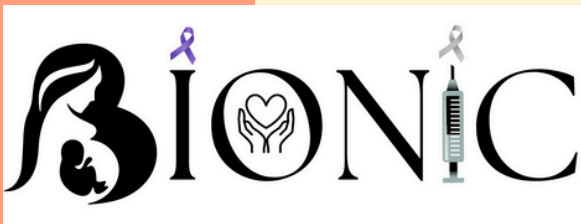
Lupus & Pregnancy: Quick Facts

- **Plan Ahead:** Best to conceive when lupus is inactive for [at least 6 months](#).
- **Fertility:** [Lupus doesn't cause infertility](#), but meds and disease activity can impact fertility.
- **Safe Meds:** Most women with lupus benefit from taking meds to control the disease during pregnancy. Read about [safe medications](#) and [more pregnancy-planning information](#).
- **Neonatal Lupus:** [~3% of babies born to mothers with lupus may develop neonatal lupus](#), a temporary condition. Most recover fully, but in rare cases it can affect the baby's heart.
- **Postpartum Care:** Lupus flares are common after birth and during [breastfeeding](#). Close monitoring and appropriate medication adjustments are essential during this time.
- **Talk to your doctor:** Always consult your healthcare provider to plan safely.

Find more information about the use of common medications during pregnancy [here](#).

Share Your Thoughts

Let us know what you think of the BIONIC Newsletter, or tell us what you would like to hear about in the next edition [here](#).



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