



新加坡狼疮协会刊物

# LUPUS LINK

MDDI (P) 046/09/2024

## Nurturing Mind, Body, and Spirit: Holistic Approaches to Managing Lupus

滋养身心灵：  
红斑狼疮的全方位疗法



## WHAT'S INSIDE

LAS Empowerment Talk and  
Year-End Party: A Fulfilling  
Conclusion to the Year .....2 - 3

Dancing with Butterflies —  
An Understanding of Lupus  
in TCM..... 4 - 7

Nutritional and Lifestyle Habits to  
Optimise Health ..... 8 - 11

President's Message .....12



# LAS Empowerment Talk and Year-End Party: A Fulfilling Conclusion to the Year

by Cai Peishan



The LAS Empowerment Talk and Year-End Party wrapped the year on a high note, bringing together insightful discussions, celebration, and camaraderie.

This year's event featured two inspiring speakers. Ng Hui Ping (MSc Acupuncture, Dip TCM, BSc Pharm) delivered an engaging talk titled "Dancing with Butterflies — An Understanding of Lupus in TCM". She debunked common myths, shared practical wellness tips, and explored how TCM can complement Western medicine in managing lupus and overall health.

Florence Ho, a certified nutritional therapy practitioner, followed with "Nutritional and Lifestyle Strategies for Optimal Health". A fellow patient advocate, she shared her personal journey and her mission to educate others on natural ways to support the body's healing. Her insights provided valuable perspectives on the role of nutrition and lifestyle in overall well-being.

After the talks, the celebration began with a festive lunch with Santa, followed by a sponsored lucky draw and Christmas-themed bonding games. The final programme, an exclusive DJ-karaoke session, brought everyone together in the spirit of laughter and music.

This wonderful gathering would not have been possible without the dedication of our volunteers. Every effort — big or small — helped create a warm, healthy, and close-knit experience for everyone. Appreciation for their hard work was felt throughout the event. It made this celebration truly special.



We also extend our sincere gratitude to our associates — from the venue sponsor, caterer, and karaoke rental provider to our generous gift sponsors. Their invaluable support and collaboration contributed immensely to making this event a success.

Attendees left with a deeper understanding of holistic health and cherished memories of a meaningful year-end celebration. Here is to another year of growth, connection, and success!



# 新加坡狼疮协会激励演讲和年终派对：圆满的年终总结

蔡佩珊

新加坡狼疮协会激励演讲和年终派对，汇集了富有洞察力的讨论、庆祝活动和友爱精神，为本年度画上了圆满的句号。

今年的活动有两位鼓舞人心的演讲者。黄惠萍医师（针灸硕士、中医专业文凭、药剂学士）发表了题为“与蝶共舞——中医对红斑狼疮的认识”的精彩演讲。她揭穿了常见误解，分享实用的保健技巧，并探讨了中医如何在护理狼疮和整体健康方面与西医相辅相成。

随后，认证营养师何君琴讲述了“最佳健康的营养和生活方式策略”。作为一位患者权益倡导者，她分享了个人经历，以及教导他人以自然方式支持身体康复的使命。她在营养和生活方式对整体健康的作用这方面，提出了宝贵的见解。

讲座结束后，庆祝活动开始。首先是与圣诞老人共进午餐，然后是赞助商赞助的幸运抽奖和圣诞主题联谊游戏。最后一个节目是DJ-卡拉OK环节，让大家在欢声笑语和音乐声中同欢聚。

没有义工们的付出，就不可能有这次美好的聚会。义工们的每一份努力，无论大小，都为大家营造了一个温馨、健康、亲密的体验。在整个活动中，大家都感受到了他们辛勤的奉献，让这次庆祝活动变得与众不同。

我们还要衷心感谢我们的合作伙伴——从场地赞助人、餐饮供应商、卡拉OK租赁商到慷慨的礼品赞助者。他们的宝贵支持与合作为本次活动的成功做出了巨大的贡献。

与出席者在离开时对整体健康有了更深入的了解，并对这次有意义的年终庆祝活动留下了珍贵的回忆。祝愿大家在新的一年里继续成长，多多联系，迈向成功！





# Dancing with Butterflies — An Understanding of Lupus in TCM

by Ng Hui Ping

MSc Acupuncture, Dip TCM, BSc Pharm

Principal Research Officer, Chung Hwa Medical Institution



Lupus is a chronic autoimmune disease that affects multiple organs and systems. It often presents as a butterfly-shaped rash on the cheeks. The term "lupus" has been used since AD 855 and originally described skin lesions resembling wolf bites. In traditional Chinese medicine (TCM), lupus symptoms are recognised as red butterfly sore (红蝴蝶疮), heat toxin rash (热毒发斑), or yin toxin rash (阴毒发斑).

## TCM Perspective on Lupus

TCM takes a holistic approach to disease prevention and treatment based on fundamental principles such as yin-yang (阴阳), the five elements (五行), *qi* and blood (气血), meridians and collaterals (经络), the viscera and bowels (脏腑) theory, and syndrome differentiation (辨证). These theories provide a comprehensive framework for understanding health and managing diseases.

TCM diagnosis is based on four key methods: observation, listening and smelling, inquiring, and palpation. Treatments, which may include herbal medicine, acupuncture, moxibustion, and cupping, are then tailored to an individual's unique syndrome patterns.



Integrating Western medicine with TCM can enhance the management of lupus symptoms, improve patient's quality of life, increase treatment efficacy, and reduce the side effects of Western medications.

## Q1. What are the benefits of acupuncture for lupus patients?

Acupuncture increases local blood flow, promotes healing, and relieves pain. It can stimulate nerves, release neuropeptides (protein-like molecules in the brain), and reduce inflammation through various physiological modulations. The effectiveness of acupuncture also depends on individual body constitutions.

## Q2. Is acupuncture safe?

Acupuncture is generally safe and performed with sterilised, disposable needles. TCM practitioners disinfect the treatment area with an alcohol swab before inserting needles at safe depths. Only minor effects, like bleeding, swelling, pain, and bruising, may occur upon removal. Patients on blood thinners such as aspirin or warfarin should inform their TCM practitioners beforehand.

## Q3. Can lupus patients take tonics?

Lupus patients are advised to avoid excessive intake of warming tonics such as Chinese angelica root (*dang gui*, 当归), *ba zhen tang* (八珍汤), and *shi quan da bu tang* (十全大补汤).

Patients taking steroids may experience symptoms of yin deficiency. They may be more prone to heat-related issues, such as dry mouth, acne, increased hunger, body heat, restlessness, and difficulty falling asleep. Consuming too many warming tonics may worsen these symptoms.

## Q4. What dietary precautions should lupus patients take?

A balanced diet with fresh, natural, and unprocessed food is recommended. Good protein sources include eggs, soy, dairy, and skinless meat. However, those with lupus nephritis (kidney inflammation) should moderately limit protein intake.

Poria Cocos

Lotus Seed

Lupus nephritis can lead to severe protein loss in urine, low albumin (protein) levels, high cholesterol, and water retention, which may cause swelling. In such cases, a low-salt diet is recommended. Avoid pickled and processed products, fast food, high-sodium food, low-sodium salt, or light-salt soy sauce. Potassium-rich foods, mainly fruits and vegetables, may also need to be limited.

### Q5. What foods strengthen vital energy and the digestive system in lupus patients?

*Si Shen Tang* (四神汤), which includes:

- **Chinese yam (*shan yao*, 山药):** Strengthens the spleen and stomach, promotes body fluid production, and benefits the lungs.
- **Lotus seed (*lian zi*, 莲子):** Strengthens the spleen, helps with diarrhoea, nourishes the heart, and calms the mind.
- **Poria cocos (*fu ling*, 茯苓):** Promotes diuresis, eliminates dampness, and strengthens digestion.
- **Fox nut barley (*qian shi*, 芡实):** Strengthens the kidneys, nourishes the spleen, and helps with diarrhoea.



## High potassium food

### Veg

Pumpkin, red amaranth, pea sprouts, bean sprout, carrot, crown daisy, abalone mushroom, spinach, straw mushroom, asparagus, cauliflower, lettuce, winter bamboo shoots, rapeseed, lettuce salad, etc. The potassium contained in vegetables can be removed by blanching, but the cooking water must be discarded. Do not mix it with rice.

### Fruits

Plum, star fruit, kiwi, guava, cantaloupe, honeydew melon, banana, strawberry, grapefruit, orange, lemon, longan, dried fruits, and all kinds of fruit juices.

### Others

Chicken soup, meat broth, fish soup, pork rib soup, vegetable soup, chicken essence, coffee, tea, sports drinks, orange juice, tomato sauce, salt-free soy sauce, low-salt soy sauce and low-sodium salt.



Fox Nut Barley

Chinese Yam



# 与蝶共舞——中医对红斑狼疮的认识

黄惠萍

针灸硕士、中医专业文凭、药剂学士  
中华医院高级科研总管



红斑狼疮是一种系统性自身免疫疾病，可影响多个器官和系统。其典型的症状为面颊部的蝶型皮疹。“Lupus”一词自公元855年开始使用，最初描述的是类似狼咬伤的皮损。中医将其症状称为“红蝴蝶疮”、“热毒发斑”、或“阴毒发斑”等。

## 从中医角度看红斑狼疮

中医通过阴阳、五行、气血、经络、脏腑理论和辨证，全面理解疾病的防治。这些理论为理解健康和疾病管理提供了一个全面的框架。中医的诊断采用观、听与闻、问、触四种关键方法，并结合个体的具体病情和症状精准治疗。治疗方法包括中草药、针灸、艾灸、拔罐等。中西医结合可以加强对狼疮症状的控制，提高疗效，减少西药的副作用，改善患者的生活质量。

### Q1. 针灸对红斑狼疮患者的益处？

针灸能促进局部血液循环，加速愈合，缓解疼痛。通过刺激神经、释放神经肽（大脑中的类蛋白质分子）以及调节生理功能来减少炎症。针灸疗效取决于患者个人体质的不同而有所差异。



### Q2. 针灸是否安全？

针灸使用经过消毒的一次性针头来进行治疗，一般是安全的。治疗前，中医师会先用酒精棉球拭擦治疗部位进行消毒，然后把针插入安全深度。出针时可能会出现轻微出血、肿胀、疼痛或瘀青。服用阿司匹林或华法林等抗凝血剂的患者需提前告知中医师。

### Q3. 红斑狼疮患者可以吃补药吗？

不建议红斑狼疮患者服用过多的温性滋补药物，如当归、八珍汤、十全大补汤等。

服用类固醇的患者易出现阴虚和上火的倾向，如口干、长痤疮、饥饿感增加、体内发热、精神亢奋和失眠等。服用过多的温性滋补药物，可能会加重这些症状。

### Q4. 红斑狼疮患者的饮食注意事项

推荐以新鲜、天然、未经加工食品为主的均衡饮食。蛋类、大豆制品、乳制品和去皮肉类是优质蛋白质来源。患有狼疮性肾炎（肾脏发炎）的患者应适度限制蛋白质的摄入量。

茯苓

莲子



狼疮性肾炎会导致尿液中蛋白质严重流失、低白蛋白血症、高胆固醇和身体水肿，因此建议低盐饮食，避免腌制食品、快餐、高钠食品、低钠盐或低盐酱油。富含钾的食物（主要是水果和蔬菜）也可能需要限制摄入。

## Q5. 补气健脾的食物

四神汤，包括：

- 山药：健脾益胃，生津润肺。
- 莲子：健脾止泻，养心安神。
- 茯苓：利水渗湿，健脾益胃。
- 芡实：固肾涩精、补脾止泻。



## 高钾食物

### 蔬菜

南瓜、红苋菜、豌豆苗、黄豆芽、胡萝卜、茼蒿、鲍鱼菇、菠菜、草菇、芦笋、花椰菜、生菜、冬笋、油菜籽、生菜沙拉等。蔬菜中的钾含量可经由汆烫后去除，但汆烫后的汤汁必须舍弃，勿用菜汤拌饭吃。

### 水果

李子、杨桃、奇异果、番石榴、香瓜、哈密瓜、香蕉、草莓、葡萄柚、柳橙、柠檬、龙眼、水果干、各类果汁。

### 其他

鸡汤、肉汤、鱼汤、排骨汤、菜汤、鸡精、咖啡、茶、运动饮料、柳橙汁、番茄酱、无盐酱油、低盐酱油与低钠盐。



# Nutritional and Lifestyle Habits to Optimise Health

by Florence Ho

Certified Nutritional Therapy Practitioner and Lupus Patient



Chronic inflammation is central to lupus symptoms, including joint pain, fatigue, and organ damage. Managing inflammation through targeted nutritional and lifestyle habits can improve quality of life and reduce flare-ups. This article explores four core foundations for reducing chronic inflammation in lupus: diet and digestion, chronic stress management, sleep, and exercise.

## 1. Diet and Digestion

A well-balanced diet is an important tool for managing chronic inflammation. People with lupus can benefit from an anti-inflammatory diet that supports gut health and reduces immune system overactivity.

### Key Dietary Strategies:

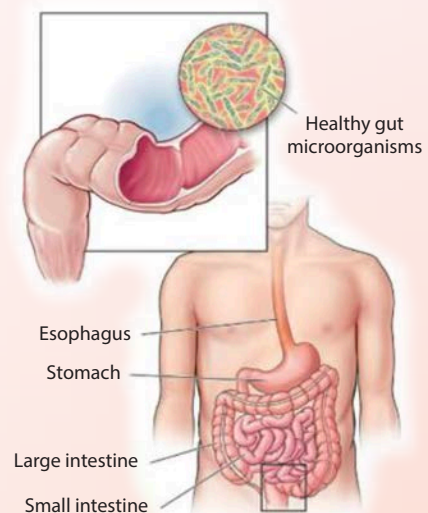
- **Increase omega-3 fatty acids:** Found in fatty fish such as salmon, mackerel, and sardines, as well as in flaxseeds and walnuts, omega-3s have anti-inflammatory properties that can help reduce lupus-related inflammation.
- **Limit processed foods:** Ultra-processed foods, high in sugar, refined carbohydrates, and unhealthy fats, can trigger inflammatory pathways and exacerbate lupus symptoms.
- **Emphasis whole foods:** Aim for a diet rich in vegetables, fruits, lean proteins, and healthy fats. Lean proteins are



important for muscle repair and slowing age-related muscle loss. They also support hormone and enzyme production, which are vital for good metabolic health. Healthy fats include avocado oil, extra virgin olive oil, and olive oil. Additionally, the John Hopkins Lupus Centre advises that people with lupus avoid garlic and echinacea, as they can boost the immune systems of people with already overactive immune systems.

- **Support gut health:** Research has increasingly shown a strong correlation between colon health and autoimmune conditions. An imbalance in the good and bad bacteria within the colon has been linked to various autoimmune diseases. Good bacteria thrive on fibre. Thus, consuming a variety of fibre-rich foods, such as carrots, purple sweet potatoes, broccoli, cabbage, leafy vegetables, and seeds, can help good bacteria grow and support colon repair. Moreover, vegetables and fruits provide essential nutrients and antioxidants that combat oxidative stress and inflammation.

### Gut microbiome





- **Improve digestion:** Proper digestion is key to nutrient absorption, gut bacteria balance, and immune function. Digestion begins in the mouth. Poorly chewed food can weaken the gut lining and impair the immune system. Eating in a relaxed state and chewing food at least 20 times before swallowing can aid digestion.



## 2. Chronic Stress Management

Chronic stress can significantly contribute to inflammation and lupus flare-ups. Stress triggers the release of the stress hormone cortisol, which, when sustained, can weaken the immune system.

### Stress-Reduction Strategies:

- **Practise mindfulness and meditation:** Regular meditation, deep breathing, and mindfulness practices can lower stress levels and improve emotional resilience.
- **Journal and practise gratitude:** Writing down three things to be grateful for each day can help process stress and cultivate a positive mindset. This signals to the body that it is safe.
- **Create healthy boundaries:** Managing commitments, saying no when necessary, and prioritising self-care can reduce unnecessary stress.

## 3. Sleep Optimisation

Quality sleep is crucial for immune regulation and reducing systemic inflammation. However, sleep disturbances are common in lupus patients, often due to pain, medication side effects, or stress.

### Sleep-Enhancing Strategies:

- **Maintain a consistent sleep schedule:** Going to bed and waking up at the same time daily helps regulate the body's circadian rhythm (body clock) and improve sleep quality.

- **Create a sleep-inducing environment:** A cool, dark, and quiet bedroom, along with a comfortable mattress and pillow, can enhance sleep quality.
- **Limit blue light exposure:** The sleep hormone melatonin is suppressed by blue light emitted by phones, computers, and televisions. Avoiding screen time at least an hour before bed prevents this suppression.
- **Establish a relaxing nighttime routine:** Calming activities like reading, taking a warm bath, or gently rubbing the feet can signal the body to prepare for sleep.

## 4. Exercise and Movement

Regular physical activity helps reduce inflammation, improve joint mobility, and boost overall well-being in lupus patients. However, it is essential to balance movement with rest to avoid overexertion.

### Recommended Forms of Exercise:

- **Low-impact activities:** Walking, cycling, and Pilates help maintain cardiovascular health and muscle strength without putting excess strain on the joints. Stretching, tai chi, and Pilates help improve flexibility and promote relaxation.
- **Strength training:** Resistance training supports bone density and muscle health, which can be compromised by lupus or long-term steroid use.

It is important to listen to the body. Prolonged high-intensity cardio exercise may trigger flare-ups, so balancing activity with adequate rest and recovery days is essential.

## Conclusion

Managing lupus and reducing chronic inflammation requires a holistic approach that incorporates dietary choices, stress management, sleep quality, and regular physical activity. By focusing on these core foundations, individuals with lupus can support their immune system, minimise flare-ups, and enhance overall well-being. Always consult a healthcare professional before making significant dietary or lifestyle changes to ensure they align with individual health needs and medical treatments.



# 促进健康的营养与生活习惯

何君琴

认证营养治疗师和红斑狼疮患者



慢性炎症是狼疮症状的核心，包括关节疼痛、疲劳和器官损伤。通过有针对性的营养和生活习惯来控制炎症，可以提高生活质量并减少复发。本文将探讨减轻红斑狼疮慢性炎症的四个核心基础：饮食和消化、长期压力管理、睡眠和运动。

## 1. 饮食与消化

均衡的饮食是控制慢性炎症的重要工具。红斑狼疮患者可以从支持肠道健康和减少免疫系统过度活跃的抗炎饮食中获益。

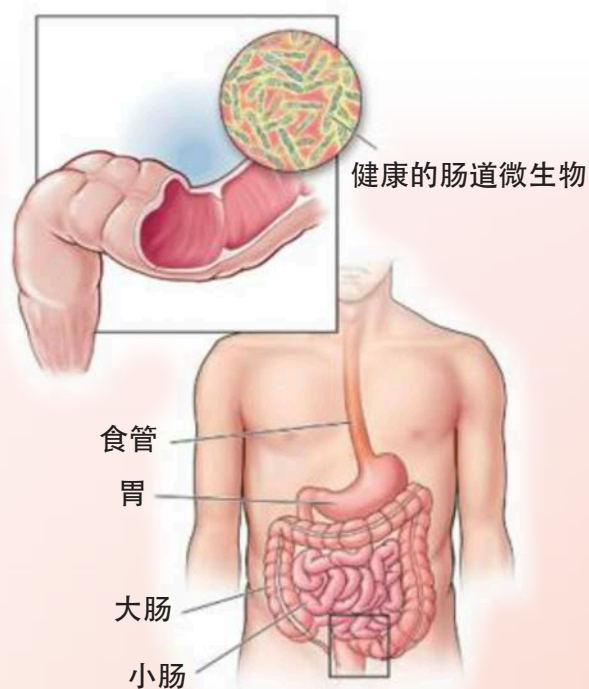
主要饮食计划：

- **增加Omega-3 脂肪酸：**Omega-3 脂肪酸存在于三文鱼、鲭鱼和沙丁鱼等多脂鱼类，以及亚麻籽和核桃中，具有抗炎特性，有助于减轻与狼疮有关的炎症。
- **少吃加工食品：**糖、精制碳水化合物和不健康脂肪含量高的超加工食品会引发炎症，加重狼疮症状。
- **注重全食物的摄取：**饮食中应多吃蔬菜、水果、瘦肉和健康脂肪。瘦肉对肌肉修复非常重要，并能减缓与年龄有关的肌肉流失。它们还有助于荷尔蒙和酶的分泌，这对良好的新陈代谢至关重要。健康脂肪包括鳄梨油、特级初榨橄榄油和橄榄油。此外，约翰霍普金斯狼疮中心建议红斑狼疮患者避免食用大蒜和紫锥菊，因为它们会增强免疫系统，不适合免疫系统已经过度活跃的狼疮患者。



- **支持肠道健康：**越来越多的研究表明，结肠健康与自体免疫疾病之间存在密切联系。结肠中好坏细菌的失衡与各种自身免疫性疾病有关。好细菌在纤维素的帮助下茁壮成长。因此，食用各种富含纤维的食物，如胡萝卜、紫甘薯、西兰花、卷心菜、叶类蔬菜和种子，可以帮助好细菌生长，支持结肠修复。此外，蔬菜和水果还能提供人体必需的营养素和抗氧化剂，对抗氧化应激和炎症。
- **促进消化：**良好的消化是营养吸收、肠道细菌平衡和免疫功能的关键。消化始于口腔。食物咀嚼不充分会削弱肠道黏膜，损害免疫系统。在放松的状态下进食，并在吞咽食物前至少咀嚼20次，可以促进消化。

## 肠道微生物群







## 2. 长期压力管理

长期压力会在很大程度上导致炎症和狼疮发作。压力会引发压力荷尔蒙皮质醇的释放，持续释放会削弱免疫系统。

### 减压策略：

- **练习正念和冥想：**定期冥想、深呼吸和正念练习可以降低压力水平，提高情绪韧性。
- **写日记并学习感恩：**每天写下三件值得感恩的事，有助于处理压力和培养积极心态。这向身体传递出安全的信号。
- **建立健康的界限：**管理承诺，必要时说“不”以及优先考虑自我，可以减少不必要的压力。

## 3. 提升睡眠品质

高质量的睡眠对免疫调节和减轻系统性炎症至关重要。然而，睡眠障碍在狼疮患者中很常见，这通常是由于疼痛、药物副作用或压力造成的。

### 改善睡眠策略：

- **保持睡眠时间一致：**每天在同一时间睡觉和起床有助于调节人体的昼夜节律（生理时钟），提高睡眠质量。
- **创造有利睡眠的环境：**凉爽、黑暗、安静的卧室以及舒适的床垫和枕头可以提高睡眠品质。
- **减少接触蓝光：**促进睡眠的褪黑激素会受到手机、电脑和电视发出的蓝光的抑制。睡前至少一小时避免接触屏幕可防止这种抑制作用。

- **养成夜间放松的作息时间：**阅读、洗温水澡或轻揉双脚等让人放松心情的活动，能向身体发出准备入睡的信号。

## 4. 锻炼和运动

有规律的体育锻炼有助于减轻红斑狼疮患者的炎症，改善关节活动度和提高整体健康水平。然而，运动与休息之间必须保持平衡，以避免过度劳累。

### 推荐的运动形式：

- **低强度运动：**步行、骑脚踏车和普拉提有助于保持心血管健康和肌肉力量，同时不会对关节造成过大的压力。拉伸运动、太极拳和普拉提有助于提高灵活性和促进身心放松。
- **力量训练：**阻力训练有助于骨密度和肌肉健康，而狼疮或长期使用类固醇会损害骨密度和肌肉健康。

倾听身体的声音很重要。长时间高强度的有氧运动可能会诱发疾病复发，因此，在活动的同时保持充足的休息和给予恢复时间特别重要。

## 结论

治疗红斑狼疮和减少慢性炎症需要一个综合的方法，其中包括饮食选择、压力管理、睡眠质量和有规律的体育锻炼。专注于这些核心基础，红斑狼疮患者就能支持他们的免疫系统，减少复发，并提高整体健康水平。在对饮食或生活方式做出重大改变之前，请务必咨询专业医护人员，以确保这些改变符合个人的健康需求与治疗。



# President's Message

by Irene Lim



As one year ends, a new one begins, giving rise to an opportune moment for reflection on the past year, a time to evaluate accomplishments and envision the path forward. I am filled with gratitude and pride for what the Lupus Association (Singapore) Council and our dedicated volunteers have achieved together in our mission to serve lupus patients.

A special note of gratitude goes to our Vice-President, Dr Stanley Angkodjojo, and our committed council members and volunteers. Your relentless efforts and unwavering dedication have been instrumental in our success. I am immensely proud of what our team has accomplished in the past year.

Particular mention is due to our designated Medical Social Worker, Nicole Low from Tan Tock Seng Hospital, whose diligence in managing our medical subsidy applications has been invaluable.

To all our members and supporters, your loyalty and support have been the basis of our progress through the years. I extend my heartfelt thanks to you. To the younger volunteers who have actively participated in our events, your enthusiasm and energy are vital to our growth, and I sincerely hope to see more young members joining our cause.

As we embark on this new year, may you be presented with abundant opportunities for personal and collective growth. Here is to a fruitful and fulfilling year ahead!

## 会长的信息 林碯金

随着一年的结束，新的一年开始，这正是一个反思过去、评估成就和展望未来的好时机。我们与新加坡狼疮协会理事会以及热心的义工们一起，在为红斑狼疮患者服务的使命中取得成就，我为此充满了感激和自豪。

我要特别感谢我们的副会长Stanley Angkodjojo医生，以及我们尽心尽力的理事会成员和义工们。你们不懈的努力和坚定的奉献精神是我们取得成功的关键。我为我们团队在过去一年一起完成的一切感到无比自豪。

特别需要提及的是我们的专职医务社工，来自陈笃生医院的刘可恩女士，她在医疗补贴申请方面努力负责管理，真是难能可贵。

至于我们全体会员和支持者，你们的忠诚和支持是我们多年来前进的基础。我衷心感谢你们。至于积极参与我们活动的年轻义工们，你们的热情和活力对我们的发展至关重要，我衷心希望看到更多的年轻会员加入我们的行列。

在新的一年里，愿你们拥有更多的机会实现个人和集体的成长。祝大家在新的一年里硕果累累，收获满满！

### LAS COUNCIL

<b>President</b>	Irene Lim Suan Kim
<b>Vice-President</b>	Dr Stanley Angkodjojo
<b>Hon. Secretary</b>	Catherine Hiew
<b>Hon. Treasurer</b>	Agnes Xue Li Shan
<b>Asst. Hon. Treasurer</b>	Jo Lee Soo Hoon
<b>Welfare Officer</b>	Rachel Chow Mee Peng
<b>Council Members</b>	Dr Grace Chan Yin Lai Dr Poh Yih Jia Dr Frank Tay Sen Hee Dr Anindita Santosa Chan Suan Liang Eng Jing Ting Dr Azizah Allameen Dr Charlotte Tan Cai Peishan Corrine Kang Haresh Buxani Dr Xu Chuan Hui
<b>Co-Opted Members</b>	

With immediate effect, the LAS office and mailing address have been relocated

### REACH US

Office Operating Hours  
Monday to Friday, 12pm-5pm  
Tel.: +65 6254 9130  
Email: [enquiry@lupus.sg](mailto:enquiry@lupus.sg)  
Website: [www.lupus.sg](http://www.lupus.sg)

### ADDRESS

Tan Tock Seng Hospital Annex 2 Level 2, L2-W-R04  
17 Jalan Tan Tock Seng Singapore 308440

### MAILING ADDRESS

11 Jalan Tan Tock Seng Singapore 308433

Like us on  
**facebook**



Get to know other members of our Association, share information about your health, and be the first to know about the latest activities and events on Facebook! Do you have a question about lupus? Simply email us, so our editorial team may try answering you in the next newsletter.

© All rights reserved. No portion of this publication covered by the copyright hereon may be reproduced in any form or by any means without the permission of the publisher and contributors. MDDI (P) 046/09/2024 Lupus Link is published thrice annually by Lupus Association Singapore (LAS), a self-help group. This publication has no subscription or newsstand price and is supported through contributions. For information about LAS, go to [www.lupus.sg](http://www.lupus.sg)