

CITY OF FRESNO

Office of Councilmember Esmeralda Soria

Is hereby presented in recognition of:

Lupus Awareness Month

WHEREAS, *Systemic Lupus Erythematosus, referred to as SLE or Lupus, is a chronic autoimmune disease that afflicts over 500,000 people in the United States According to the Lupus Foundation of America. Over 90% of those diagnosed with Lupus are women. Women of color are disproportionately afflicted with Lupus, as studies have shown that the disease burden of SLE is highest in Black Women, followed by Latinas, and Asian Women; and*

WHEREAS, *Lupus is an unpredictable and misunderstood autoimmune disease causing the immune system to attack healthy tissue damaging different organ systems. It can affect the skin, joints, kidneys, the lining of the lungs, heart, and brain. Many patients experience low grade fever, fatigue, hair loss and Raynaud's disease. Lupus is a great mimicker and can be difficult to diagnose early on. It is difficult to diagnose, hard to live with and a challenge to treat. Many of the debilitating symptoms and impacts of Lupus are subjective, like fatigue, joint pain, having flu like symptoms to the more obvious clinical signs of damage to the organs like the kidneys, heart and lungs. Because many of these symptoms are invisible, it can often leave those living with Lupus feeling misunderstood and isolated; and*

WHEREAS, *Through consistent work with individuals battling Lupus, board certified rheumatologist and internist Dr. Manisha Mittal, of Fresno has assisted numerous people in learning how to better manage Lupus and maintain a quality of life. Dr. Mittal practices integrative medicine and advocates for healthier lifestyle choices, diet, exercise, meditation, and medication as key interventions; and*

WHEREAS, *In 2018 Dr. Mittal established the Moksha Holistic Center located in Fresno. The center focuses on Ayurveda, the science of life and longevity, and holistic healing, to promote wellbeing and disease management for women battling Lupus. In addition, she advocates for investment to find a cure for Lupus as a Board Member for the California Lupus Foundation; and*

NOW, THEREFORE BE IT RESOLVED, *that the City of Fresno Mayor and City Council hereby proclaims May 26, 2022 to be:*

“Lupus Awareness Month”

in the City of Fresno

IN WITNESS WHEREOF, we have hereunto set our hands and affixed the seal of the City of Fresno, California, this 26th day of May 2022.

ESMERALDA SORIA, Councilmember, District 1

JERRY DYER, Honorable Mayor

MIKE KARBASSI, Councilmember, District 2

LUIS CHAVEZ, Councilmember, District 5

MIGUEL ARIAS, Councilmember, District 3

GARRY BREDEFELD, Councilmember, District 6

TYLER MAXWELL, Council Vice President, District 4

NELSON ESPARZA, Council President, District 7