

Nicole Fogel: Warrior, Nurturer, Fighter

January 2015

January makes us think of our resolutions for the coming year.

For many, it is to get in shape, find a new job, or to find love. For lupus patients, it tends to be more about *get my lupus under control or help to find a cure for lupus.*

Last month, we launched our Year of the Lupus Hero with a story of two very passionate sisters fighting to find a cure for lupus. This month, we would like to introduce you to our January Lupus LA Hero, **Nicole Fogel.**

Nicole describes herself as a warrior, nurturer, fighter and a lupus patient. Nicole shares, *"I spent most of my life feeling invincible. I thought nothing bad could ever really happen to me."* That was until after a small procedure in April 2008 when she developed complications. *"After 18 months of not knowing what was wrong with me, I was diagnosed with lupus and rheumatoid arthritis."*

Nicole was very sick for the first few years. She got involved with Lupus LA through her doctor and Lupus LA Founder, Dr. Daniel J. Wallace. During this time, Nicole knew that one of her goals was to give back to the lupus community and help others. She says, *"I've always been a giver and then I got sick. I've suffered so much that if I can do something to help others suffer less, then that's my purpose."*

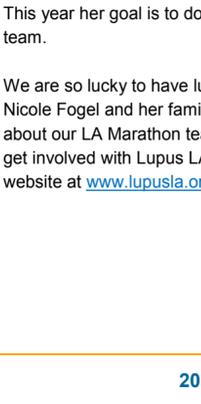


Nicole Fogel and Dr. Daniel J. Wallace at the 2014 LA Big 5K.

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Lupus LA means hope, comfort, and support. It also means that I'm not alone.

- Nicole Michelle Fogel



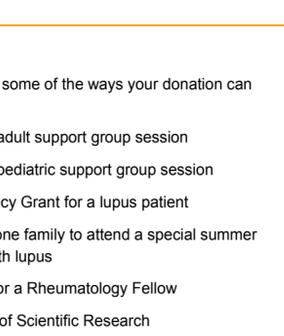
Nicole at the 2014 Hollywood Bag Ladies Event

As Nicole got stronger, so did her involvement with Lupus LA.

One of her greatest impacts at Lupus LA has been the creation of her LA Marathon/5K Team, **teamFOGEL.** Nicole explains, *"It wasn't until getting involved in Team Lupus LA for the LA Marathon two years ago that I started to share my story. Frankly, it's actually quite selfish. The louder I get about lupus, the more money we raise and the more research and possibly a cure for me and all of my lupus people."*

Last year Nicole took it up a notch – **teamFOGEL raised \$15,000 to help fight lupus.** This year her goal is to double the size of the team.

We are so lucky to have lupus heroes like Nicole Fogel and her family. To learn more about our LA Marathon team or how you can get involved with Lupus LA, check out our website at www.lupusla.org.



2015 is our year of the Lupus Hero.

Each month Lupus LA will focus on a new **Lupus Hero.** Through the retelling of people's stories, we can continue to grow our lupus community. If you or someone you know would like to share their Lupus Hero story, please contact us at info@lupusla.org.

What can my donation do?

Every dollar you donate counts at Lupus LA. Here are some of the ways your donation can help support our programs and initiatives:

- \$ 100 = One (1) monthly adult support group session
- \$ 250 = One (1) monthly pediatric support group session
- \$ 500 = One (1) Emergency Grant for a lupus patient
- \$ 750 = Sponsorship for one family to attend a special summer camp for kids with lupus
- \$ 1,000 = One (1) week for a Rheumatology Fellow
- \$ 5,000 = Two (2) weeks of Scientific Research
- \$10,000 = One (1) day-long Patient Conference

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Questions or comments? E-mail us at info@lupusla.org or call us at (310) 657-5667.

