

Lupus Society of Illinois

LUPUS WARRIOR WEDNESDAY

July 20, 2022

I have endured lupus-like symptoms off and on since I was four years old. Two of my nieces were diagnosed with lupus as teens and passed away before age 40, one with kidney failure and the other with disease of the brain. Another niece was diagnosed with lupus in 2011. At age 59 when I began experiencing more problems with my mobility, heart, and lungs, I finally received an accurate diagnosis and suffered a near death lupus flare two weeks later. In the process of learning to deal with lupus, I discovered a new “calling”: to work toward increasing lupus awareness and raising funds for support and research that we hope will lead to more efficient diagnostic procedures, better treatment plans, and eventually a cure.

My experiences inspired me and my husband, Cecil, to do volunteer work with various lupus organizations, mostly the Lupus Society of Illinois (LSI). We participate in area lupus support groups, represent LSI at various health fairs, and speak at meetings of local organizations and churches. We also serve on LSI-sponsored committees. One such committee hosts the Southern Suburbs Illinois Lupus Walk where I serve as Captain of team K's Hope for a Cure. I have written articles for a few newspapers, magazines, and a book, titled **CHRONOLOGICALLY EMPOWERED**. Though I am an introvert, I have even done a few interviews on television, radio, and YouTube. For five years, Cecil served as the Chair of South Side Lupus Organization, a group that hosted the annual Holiday Dreams – Cure for Lupus Dinner Dance that was held the 2nd Saturday of December at the Olympia Fields Country Club 2800 Country Club Drive in Olympia Fields, Illinois.

In collaboration with other lupus patients and their families, we published my first book about



Kay & Cecil Mimms

our trials and triumphs. Book 1, **FIGHTING LUPUS BATTLES – Hope for a Cure** consists of true stories that were written by eighteen lupus patients, five of our relatives, and two of my doctors. The stories describe the struggles, losses, and victories experienced by us and were written to increase awareness, inspire, and encourage.

Recently, I completed Book 2 that is titled **FIGHTING LUPUS BATTLES – Living, Hoping, Searching, Climbing, Researching for the Cure**. It gives updates from lupus warriors who shared stories in the first book and describes journeys of a few more lupus patients. A section of Book 2 provides information and testimonials about lupus research. Book 1 is available at some local public libraries. Book 1 and Book 2 are available for purchase at my website – kaymimms.com.