

## *Aliyah Lauren Lim, 2018 Honoree*

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### **Saturday, June 9, 2018**

Check-in: 7:00 am. Start time: 8:00 am | Guadalupe Gardens,  
Downtown San Jose, CA.

Register online at **OutrunLupus.org** or call (408) 954-8600.

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The Lupus Foundation of Northern California is proud to announce our 2018 Outrun Lupus honoree: **Aliyah Lauren Lim.**

Aliyah was an outgoing, athletic, energetic 7-year-old when her parents took her to her pediatrician on Good Friday, April 3, 2015, for her annual checkup. The pediatrician noticed red rashes on her face, but her family assumed it was a bruise from swim goggles. When urine tests came back showing blood in the urine, though, Aliyah's pediatrician suspected lupus. Follow-up appointments were made with rheumatology and nephrology specialists, and on April 21, Aliyah was admitted to the Lucile Packard Children's Hospital with a diagnosis of Lupus Nephritis, a form of systemic lupus that attacks one's kidney. Those rashes on her face that her family first thought were bruises from swim goggles? It was actually a butterfly rash, common among lupus patients.

Aliyah would be in the hospital for eight long weeks, She missed her friends, and she missed home. She would always be overjoyed when her friends came to visit, play games and bring her favorite foods. At just seven years old, Aliyah would have blood tests daily, take many medications, and go through numerous sessions of dialysis. She fought through it, learning to take pills - first with the help of mini M&Ms (!) - and eat a strict diet, as she started to feel better and improve her lab tests. The whole family celebrated when they learned that Aliyah had gotten well enough that she would no longer need dialysis.

Finally on June 15, 2015, Aliyah was discharged from Lucile Packard. She was still unable to walk on her own and used a wheelchair and walker. During that summer, she attended physical and occupational therapy to build up her strength, She was still on 10-11 pills a day.

Aliyah may have been just seven, but she proved that lupus picked on the wrong girl. Because of her own determination, encouragement from her friends and support of her family, Aliyah is reclaiming her life and her childhood. She is down to 3 pills a day and appointments every 5-6 months. She still loves swimming, go rock climbing and amusement park rides. She enjoys art and painting. This fall, she will be attending fifth grade at Tom Matsumoto Elementary. And of course, she is looking forward to seeing everyone and speaking at the Outrun Lupus 5K on June 9! Aliyah, her dad Henji, her mom Sheila and her family will be at the 5K with her team, Aliyah's Warriors - join them at OutrunLupus.org.

Until we find a cure, lupus will always impact Aliyah and her family. At a very young age, Aliyah has learned to listen to her body, get plenty of rest, always stay hydrated, use sunscreen and sun protective clothing, and to be on a medication regimen. But because of fighters like Aliyah, we have hope.

