

People Empowerment for ARthritis and Lupus

June 11, 2017 – by Dr. Mika Ana Sususco-Frio



BY THE NUMBERS...

Total Attendees: 84

Lupus: 36

Rheumatoid Arthritis: 32

Psoriatic Arthritis: 9

Osteoarthritis: 5

Ankylosing Spondylitis: 1

Overlap SLE + Scleroderma: 1

“SHARING IS CARING”

It is not easy to cope with the effects of having a chronic rheumatic disease, such as lupus and the arthritides, on an individual’s well-being, functional ability and mortality. An estimated one-fifth of individuals with rheumatic diseases experience symptoms of depression and anxiety. This quarter, the force behind People Empowerment for Arthritis and Lupus (PEARL) chose to address this issue by holding a peer activity bearing the theme “Sharing is Caring.” Set in St. Luke’s Medical Center, Quezon City’s Cathedral Heights Building Complex, this quarter’s PEARL affair was focused on sharing and camaraderie. Hosted by Dr. Imee Esquibel of USTH Rheumatology, the 14th floor auditorium was packed with patients, companions and PEARL staff. The event was kicked off by a Zumba session led by Dr. Noreen Kintanar of SLMC Rheumatology.



Zumba with Dr. Navarra

Invitations to the event had been sent out with online registration available. After registration, participants were divided into 5 groups. Each group was assigned to a station focusing on their stories, disease awareness and environmental concerns.



June celebrants were given a surprise! ☺

*“I discovered the event through Facebook.” –
GG, a new participant from The Medical City*

RAFFLE AND MORE...

Participants who were able to complete all stations were granted stickers which entitled them to join a raffle. Prizes included medications, tumblers, chocolate and cash. A rummage sale was also located at the back of the room for items of clothing, tumblers, USBs and other sundries. Lunch was served while intermission numbers were performed by our very own songbirds.



LUISA
lupus inspired advocacy

ACKNOWLEDGEMENTS

This event would never have happened without the unending support of the benefactors, institutions, and individuals who generously supported this quarter's PEARL: St. Luke's Medical Center, University of Santo Tomas Hospital, Jose R. Reyes Memorial Medical Center, Philippine Rheumatology Association and the hardworking fellows and staff of UST Hospital, SLMC and JRMMC, who made everything possible, truly a job well done - straight from the heart!

ATTENDEES:

<i>Abejay, Vanessa</i>	<i>Eliyas, Trisha Mae</i>	<i>Oquendo, Lady Aizza</i>
<i>Agir, Gloria</i>	<i>Emata, Ceferina</i>	<i>Pablo, Danica</i>
<i>Ancajas, Rosalina</i>	<i>Espino, Rowena</i>	<i>Padilla, Maria Teresa</i>
<i>Aquino, Karen</i>	<i>Estrada, Zenaida</i>	<i>Pingol, Hermina</i>
<i>Aspiras, Agnes</i>	<i>Fernandez, Ofelia</i>	<i>Picorro, Aida May</i>
<i>Asuncion, Michelle</i>	<i>Francisco, Alejandra</i>	<i>Polanco, Michelle</i>
<i>Atanacio, Rosylor</i>	<i>Fuenteblanca, Scarlet</i>	<i>Pozon, Lovely Sweet</i>
<i>Baking, Diane</i>	<i>Gabrentina, Gige</i>	<i>Quiano, Belen</i>
<i>Balbin, Glenda</i>	<i>Ganigan, Carmencita</i>	<i>Quinto, Arlene</i>
<i>Ballecer, Teresita</i>	<i>Ganigan, Virgilio</i>	<i>Regala, Gladys</i>
<i>Barrac, Jessica</i>	<i>Garais, Arlene</i>	<i>Reyes, Sylvia</i>
<i>Bautista, Rannelyn</i>	<i>Geronimo, Jessabelle</i>	<i>Ronquillo, Cecilia</i>
<i>Baylon, May Marie Joyce</i>	<i>Guerra, Myrna</i>	<i>Sambo, Teresita</i>
<i>Besmonte, Jennifer</i>	<i>Juerra, Remigia</i>	<i>Santos, Connie</i>
<i>Blas, Ma. Socorro</i>	<i>Lacad, Rowena</i>	<i>Sevillo, Herly</i>
<i>Blas, Ma. Theresa</i>	<i>Lista, Jenet</i>	<i>Sze, Violeta</i>
<i>Boyles, Joann</i>	<i>Lipata, Usulo</i>	<i>Soriano, Remedios</i>
<i>Boyles, Valentino</i>	<i>Luna, Cecille</i>	<i>Tanate, Sonia</i>
<i>Cabugao, Dalisay</i>	<i>Manalac, Eva</i>	<i>Tejares, Reginald Jorge</i>
<i>Cachuela, Roselyn</i>	<i>Manalac, Hermie</i>	<i>Tepace, Joshua</i>
<i>Cajatol, Gina</i>	<i>Manalac, Victor</i>	<i>Toledo, Catalina</i>
<i>Capote, Janet</i>	<i>Mananquil, Bebs</i>	<i>Valdueza, Erika</i>
<i>Caronan, Evelyn</i>	<i>Manglapus, Racquel</i>	<i>Villasis, Rosemarie</i>
<i>Carcole, Annaliza</i>	<i>Marcelo, Gloria</i>	<i>Zablan, Zeny</i>
<i>Centeno, Elyn</i>	<i>Mil, Alvin</i>	
<i>Cheng, Eden</i>	<i>Nillasca, Melba</i>	
<i>Choo, Maria Luisa</i>	<i>Nuque, Elvira</i>	
<i>Cruz, Gloria</i>	<i>Oclida, Irene</i>	
<i>Dela Cruz, Celine</i>	<i>Ofrancia, Dina</i>	
<i>Dela Pena, Tarcila</i>	<i>Ola, Hermenigilda</i>	