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I have Lupus, I am Beautiful

EMPOWERING LUPUS WARRIORS

I am beautiful no matter what they say.

Words can't bring me down.

I am beautiful in every single way.

-CHRISTINA AGUILERA



Lupus-Inspired Advocacy (LUISA) Philippines in cooperation with UST Hospital Section of Rheumatology, Clinical Immunology and Osteoporosis sponsored the recently successful workshop for lupus patients entitled “ I Have Lupus, I am Beautiful”. This was held at the Conference Rooms of the Clinical Division Building in the morning of January 21, 2017. The workshop was aimed at empowering lupus patients into confidently beautiful ladies through inspirational talks, sharing tips on how to do make up themselves and through experiencing actual makeovers. Over 80 lupus patients joined the event. For half day, the serious conference rooms were transformed into a busy place for beauty queens.



Three empowering guest-speakers willingly shared their time to inspire and bring hope on these ladies.



Em devoted her life to community development and sustainable livelihood projects of DIWA party-list. In 2012, she was one of the youngest recipients of the prestigious, Outstanding Young Men (TOYM) for Public Service. She was also responsible for a multitude of Bills in the Congress. Fifty-five (55) out of 146 of those bills were already passed into laws, to name a few, Responsible Parenthood and Reproductive Health Act, Persons With Disability (PWD), Value-Added Tax (VAT) Exemption Act and a lot more. She was a staunch supporter and advocate of women's welfare and gender equality. Despite being busy with her constituents in the lone District of Las Pinas, she's also a supportive wife to Public Works and Highways Department Secretary Mark Villar and a new mom to a toddler.



Rep. Emmeline Aglipay-Villar

Representative Emmeline Aglipay-Villar or "Em" graduated magna cum laude in 2002 with a degree in A.B. Economics from De La Salle University. She earned her Bachelor of Laws degree from the University of the Philippines and was among the top students of their Class of 2006.

Em was also the founder of Hope for Lupus Foundation, a non-profit organization aimed to raise awareness on lupus and support lupus patients and their families. Being a lupus patient herself, Em shared her personal journey with lupus including her early struggles when it beset her at the height of her career. Slowly with grace, she dealt with each challenge until she learned to let go of the stress. Em left the audience with many pearls and parted them with messages of hope, faith in God and to keep on going.



Ms. Kayla Malupa

It all started with an idea until it became a reality. Thanks to Ms. Kayla Malupa who was responsible for the conceptualization of empowering lupus patients through make-overs. Having earned a double degree in B.S. Psychology and B.S. Nursing, Ms. Kayla Malupa continued to spread her wings and accomplish far more what she can achieve. She had worked as a print and commercial model and even joined a reality TV show in 2004, “Buhay Beauty Queen”. She also joined many beauty pageants here and abroad. In 2012, she won Mrs. Philippines Globe as 1st runner up. Through the years, she had gained a variety of experiences, always dealing with people and boosting better confidence and self-esteem. To further her love for beauty and arts, she had also worked her way to becoming a successful professional hair and make up artist and an image consultant for John Powers International.

A lupus warrior herself for 9 years, Ms. Ky shared her heart-warming personal story to her teary-eyed audience. She started her journey as a newly diagnosed lupus and mother of a beautiful baby. Just like any news of pregnancy, she was awed with excitement at first. But fate had other better plans. Her baby became an angel after a few days. This did not only happen once but twice when God sent her

angels to look after her. Despite the stones being thrown out on her, Kayla continued to weather the tides and hope for a more positive outlook in life. She reminded the audience with self-taught three letters “SMR” or SSSMRRR. The message was clear. Each letter stood up for different words starting with Smile, Stand Up Straight, Self-talk, Make Yourself Up, Repetition, Repetition and Repetition.

For years, Kayla had been actively spreading awareness on lupus through her talents in writing and influencing people through the power of social media. She had attended numerous lupus campaigns and activities both local and abroad. Thank God for people like her, our lupus patients continue to be hopeful and be more self-confident.



KY AND HER FAMILY AT ALL SMILES

Rona Pena

Rona Pena graduated from Ateneo de Manila with a degree in AB Philosophy. She had a niche for creating things using various media in traditional painting, graphic and fashion design. But what sparked her interest more was her passion for hair and make up design. She pursued to excel her craft by training in Phibrows, the most prominent Brow Microblading company in Europe. Ron was the first in the Philippines to be Certified Phibrows Artist. She also shared her passion and impart the skills that she learned by teaching at the Center for Aesthetic Studies.



Learning could truly take place even beyond the confines of a classroom. Dr. Sandra Navarra, Chief of Section of Rheumatology, Clinical Immunology and Osteoporosis took pride in exposing medical residents and students in events like these, her unconventional way of teaching different values a doctor must have.

The Team Behind these Beauties



“The SUN will ALWAYS, always SHINE...”



Each participant's photos were taken before and after the actual make-over so each one could see their transformation. With each



stroke of blush on here and there, more smiles, bright eyes and selfies filled up the room. Even the make-up artists were happy and felt accomplished knowing they have been instrumental in making the patients feel confident with their looks. The day ended with positive vibes and unwavering hope for our warriors!

