



#ActionForLupus: Region 1 Lupus Support Group Launching



By: Bethlehem Mula, MD

A support group provides an opportunity for people to share personal experiences, feelings, and coping strategies about their illnesses. It may serve as a bridge to meet their psychosocial, emotional, and spiritual needs. Because of that, the Lupus Inspired Advocacy (LUISA) and People Empowerment for Arthritis and Lupus (PEARL) in partnership with Ilocos their effort together in



Dr. Eduardo M. Badua III delivering his welcome remarks.

Training and Regional Medical Center (ITRMC), put organizing the Region 1 Lupus Support Group Launching on Saturday, 23 February 2019 held at ITRMC Motorpool Conference Room, San Fernando City, La Union.

An opening remark was given by the medical center chief of ITRMC, Dr. Eduardo M. Badua III who expressed his interest in rheumatic diseases such as lupus and arthritis. The first lecture has truly enlightened everyone on the Lupus Facts and Myths which was delivered by Dr. Allan Corpuz. Attendees were also thought on proper ways of taking care of themselves through a short lecture on the Do's and Don'ts of a lupus patient by Dr. Bethlehem Mula. Another lecture was given by Ms. Robelle Tanangunan on "Living well with Lupus". She shared some coping strategies based on her experience as a lupus patient and as an active mover of LUISA and PEARL.



Dr. Allan Corpuz lecturing on Lupus Facts and Myths.



Dr. Joseph Patrick Patricio lecturing on Importance of Support Group.

Another highlight of the event was the Lupus Story shared by Ms. Sharinelle de Padua followed by an intermission number together with other lupus patients. Their heartfelt rendition of the song “When you believe” by Whitney Houston and Mariah Carey was well applauded.



Dr. Bethlehem Mula lecturing on “Do’s and Don’ts of a lupus patient”.



Ms. Robelle Tanangunan lecturing of “Living well with Lupus”.

The last lecture was given by Dr. Joseph Patrick Patricio on the Importance of Support Group. He emphasized that in facing major illnesses such as lupus, you don’t have to go through it alone, a support group can help handle stress and it can provide opportunity to connect with people of same situation likely to have common purpose in life.



Ms. Sharinelle de Padua sharing her lupus story with other lupus patients singing “When you believe”.

Undoubtedly, the 70 attendees of the said event went home with big smile on their faces and hearts are filled with excitement of the upcoming events in the region.

Photo Gallery:





