



#ActionForLupus: World Lupus Day 2019 and *Action for the Environment*

By: Nicolo Badillo, Brigitte Yu, Anthea Tan MD

A global health issue, Lupus, affecting people of all nationalities, races, ethnicity, gender and age. Lupus can affect any part of the body in any way at any time, often with unpredictable and life-changing results. While lupus knows no boundaries, knowing all you can about lupus can help control its impact.

Today we celebrate the 16th edition of World Lupus Day, established in 2004, it serves to call attention to the impact that lupus has on people around the world. The annual observance focuses on the need for improved patient healthcare services, increased research into the causes of and cure for lupus, earlier diagnosis and treatment of lupus, and better epidemiological data on lupus globally. World Lupus Day serves to rally lupus organizations and people affected by the disease around the world for a common purpose of bringing greater attention and resources to efforts to end the suffering and having a better quality of life.

In our country, we join the world in celebrating at the CHBC Auditorium of St. Luke's Medical Center Quezon City. The event kicked off with simple taichi session followed by Zumba. All mothers took the center stage and shared their stories of being mother with lupus. Afterwards they were surprised with gifts, flowers and a song by one of our new rheumatology fellow. Raffle prizes were awarded



The new rheumatology fellows of UST and SLMC were introduced and welcomed with open arms by our dear lupus warrior



A short lecture on the emphasis of saving our mother earth, by garbage segregation and proper waste disposal, reducing the use of plastics (bags and straws), using of tumblers

