



# PEARL forum: NUTRITION in the RHEUMATIC DISEASES

Sunday, 14 July 2019

by Elbert DG. Mendez, MD



The momentum set off with a routine Zumba exercise, which warmed up all the participants including doctors and staff. Afterwards, a two-part break-out session entitled “My Food Plate” tickled their thoughts, where the participants were grouped in 3, each group tasked to discuss and design their usual meals during a regular day. Each group’s representative presented their plate with their own intellectual humor and twists, which everyone delightfully relished.

**“Kumain ng Wasto at Maging Aktibo... Push Natin ‘to!’** is this year’s national theme in celebration of the 45<sup>th</sup> Annual Nutrition month (July 2019). In line with this, the People Empowerment for Arthritis and Lupus (PEARL) community healthily celebrated their traditional quarterly program on the Sunday morning of July 14, 2019 at the 14<sup>th</sup> floor Auditorium, CHBC Building, St. Luke’s Medical Center (SLMC), Quezon City. Organized by Rheumatology sections of the University of Santo Tomas (UST) and SLMC in partnership with the Rheumatology Educational Trust Foundation, Inc. (RETFI), the program focused on the topic: **Nutrition in Rheumatic Diseases**.



The two lectures were rendered by Dr. Aileen Agbanlog and Dr. Leonid Zamora who tackled “Diet in Arthritis” and “Diet in SLE,” respectively.

They discussed about how diet composition, especially those with chronic illness, could affect the course of their disease. They also reiterated the *do’s and don’ts* and appropriate



composition of their daily meal including recommended micronutrients. A panel discussion followed the lecture sessions, which the participants greatly enjoyed.



Following the lectures, the participants re-grouped to modify their pre-lecture “*usual* food plate” into an “*ideal* food plate”.



A total of 80 participants attended the event including patients with SLE, RA, PsA, AS, and OA, rheumatology consultants and fellows, and RETFI staff. All went home with sumptuous collection of learnings, liveliness, and fun especially from the patients who are challenged with everyday aches and pains yet ultimately overcoming it. And with this month’s reminder of proper diet and nutrition, they will be facing their daily challenges healthier and more positively.



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