

Celebrate World Lupus Day

Lupus Inspired Advocacy (LUISA)

9:00am-12:00nn
Sunday, 12 May 2024

MAKE LUPUS VISIBLE

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Each year on May 10th, communities around the globe come together to observe World Lupus Day, a day dedicated to raising awareness about lupus, a complex and often misunderstood autoimmune disease. This day is not just about education; it's about solidarity, support, and the relentless pursuit of a cure.

Systemic lupus erythematosus (SLE) or LUPUS, can affect any part of the body, with symptoms ranging from mild to life-threatening. It often strikes without warning, primarily affecting young women during their most productive years. Despite its widespread impact, lupus remains a mystery to many, often overshadowed by more well-known conditions.

World Lupus Day aims to change that. By shining a light on the realities of living with lupus, this global event encourages understanding and empathy while driving home the urgent need for research and better treatments.

by: Carmi Mae Baladad-Pedregosa, MD

On **May 12, 2024**, LUISA - PEARL, in collaboration with USTH and SLMC Section of Rheumatology, hosted a heartwarming celebration of World Lupus Day at Angelica's Events place, marking a much anticipated return to face-to-face events after 4 years of the pandemic. The event saw the participation of 66 lupus patients under the care of various doctors from across the Philippines.



The day commenced with a heartfelt opening prayer, followed by warm and welcoming remarks from Dr. Sandra V. Navarra.

In keeping with the theme "Staying Happy and Healthy While Saving Mother Earth," the event featured a fun and engaging game that fostered camaraderie, while reminding everyone to "reduce, reuse, recycle" to help avert climate change.





Dr. Elaine Venegas - rheumatologist and lifestyle medicine specialist - all the way from Antique, delivered a very engaging lecture, further emphasizing the theme and providing valuable insights on maintaining health and happiness while being eco-conscious. She connected with patients, asking about their outlook in life, particularly in the context of living with lupus. Their heartfelt responses resonated deeply, serving as a powerful source of inspiration for everyone present.



The celebration continued with a lively raffle draw, delicious food, and plenty of opportunities for patients to bond and reconnect after the pandemic.



. One of the highlights of the celebration was the vibrant Photo Booth, which added an extra layer of joy and excitement to the event. Participants, including lupus patients, their caregivers and staff, eagerly gathered to capture the moment, resulting in a flurry of happy, smiling faces. The Photo Booth became a hub of laughter and camaraderie, as friends and family posed together, creating lasting memories. This simple yet delightful addition to the day's activities perfectly encapsulated the spirit of the event—celebrating life, togetherness, and resilience in the face of adversity.



The day concluded on a reflective note with a closing prayer, leaving everyone with a sense of hope, community, and renewed spirit

"The activity reminded us that staying healthy and happy goes hand in hand with caring for our planet. As we support those living with lupus, let's also commit to sustainable practices that nurture both our well-being and the Earth we share."

As we mark World Lupus Day, let's commit to supporting those impacted by lupus, advocating for their needs, and pushing for advancements in research. Through our collective efforts, we can make strides towards a future where lupus is better understood, more effectively treated, and eventually, cured. For those living with the disease, it offers a sense of community and hope, knowing they are not alone in their journey.

"With every challenge lupus presents, there is always hope for brighter days ahead."