

# Cardiovascular Involvement in Systemic Lupus Erythematosus: Lessons from the Frontlines of Fellowship By: Sephora J. Matilos

Saturday  
31 May 2025



**University of Santo Tomas**  
Department of Internal Medicine  
Section of Rheumatology



## I.M. Rheumatology GRAND ROUNDS

07:30AM – 08:30AM Saturday 31May2025 *Virtual*

### Heart on Fire: Cardiovascular involvement in SLE

#### GRAND ROUNDS SPOTLIGHT: CARDIOVASCULAR COMPLICATIONS IN SLE

Lupus spares no organ ,not even the heart. Its silent assault demands unwavering vigilance, early recognition, and decisive action. Last May 31, 2025, the current batch of USTH Rheumatology fellows conducted their first Internal Medicine–Rheumatology Grand Rounds titled **“Heart on Fire: Cardiovascular Involvement in SLE”**.The virtual event brought together rheumatology consultants, internal medicine residents, interns, and clerks, creating a dynamic, multidisciplinary learning environment.

This provided an insightful look into the serious cardiovascular complications of Systemic Lupus Erythematosus (SLE) through two illustrative cases: a 20-year-old woman with Recurrent Pericarditis and a 34-year-old woman who presented with an Acute ST-elevation Myocardial Infarction (STEMI). The first case emphasized the diagnostic challenges of pericarditis in active SLE and the stepwise management using NSAIDs, colchicine, and corticosteroids. The second case highlighted the heightened cardiovascular risk in young women with lupus particularly those with nephritis and prolonged steroid use ,highlighting the importance of prompt cardiac intervention and long-term preventive strategies, including risk factor modification, immunosuppressive optimization, and the use of low-dose aspirin and statins.

The event emphasized the need for timely recognition and multidisciplinary care which are core competencies not only rheumatology fellowship training but in the practice of internal medicine as a whole.

#### Expert Perspectives



ASST. PROF. ALEXANDER D. REYES, MD  
IM-Cardiology Consultant

The virtual event was honored by the presence of esteemed cardiologist Dr. Reyes, whose expert insights enriched the discussion on cardiovascular complications in SLE



ASST. PROF. RAMON MIGUEL M. MOLINA, MD  
IM-Rheumatology, Critical Care Specialist

The event was also attended by Dr. Molina, a rheumatologist and critical care consultant, whose expertise provided crucial insight into the acute and intensive management aspects of the cases.

#### The Team Behind “Heart on Fire”



The conference was spearheaded by Dr. Sandra Navarra, Dr. Lyndon John Llamado, and Dr. Leonid Zamora, who provided guidance and mentorship to the fellows who organized the event: Dr. Kristin Medrano-Babad, Dr. Norwin Bation, Dr. Sephora Matilos, Dr. Muhammad Mohammad, Dr. Sheree Mejarito, and Dr. Erica Hilado.