

# Pre-Congress Workshop: Updates and Case Studies in Systemic Lupus Erythematosus

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## Walking Among Giants: Young Rheumatologists International Journey

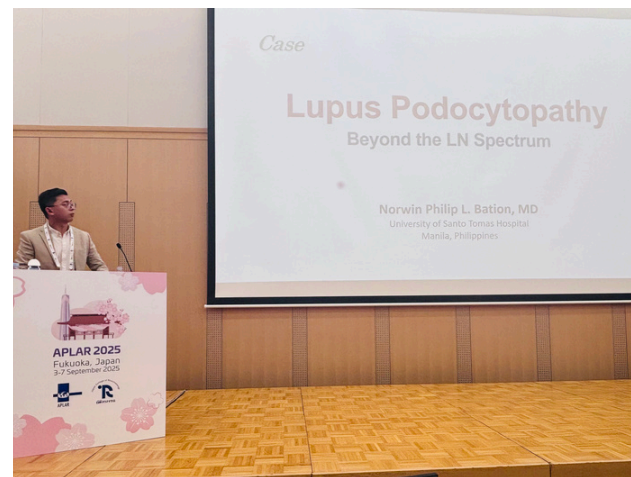
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Standing before an international audience of distinguished rheumatologists at the **27th Asia-Pacific League of Associations for Rheumatology (APLAR) Congress in Fukuoka, Japan**, we felt both the weight of responsibility and the thrill of opportunity. **As fellows-in-training from the University of Santo Tomas Hospital, the chance to present a fascinating and challenging cases of lupus on such a global stage was nothing short of surreal—a moment we had dreamed of but never fully imagined would come so soon.**



The session, *Updates and Case Studies in Systemic Lupus Erythematosus*, was more than an academic exercise; it was a convergence of minds and passion dedicated to understanding one of the most enigmatic diseases in rheumatology. **To share the platform with world-renowned experts—Prof. Tatsuya Atsumi, Prof. Daniel Tak Mao Chan, and our own esteemed mentor, Prof. Sandra Navarra—was an honor beyond words.** These are giants in the field, leaders who have shaped the very landscape of lupus care, and there we were, learning directly from them, and even more humbling, working alongside them.

Presenting the case was a test of knowledge, clarity, and composure. But **more than the clinical pearls and the rigorous discussion, it was the dialogue that followed—where mentors, peers, and global leaders dissected and reflected on the case—that showed the essence of academic exchange.** It was in those moments that we realized rheumatology is not just about treating disease, but about building a community of shared wisdom and collaborative growth.



This experience was, for us, a once-in-a-lifetime opportunity. **To be at the crossroads of science, mentorship, and international collaboration is to witness the future of lupus care being shaped before one's eyes.** The journey reaffirmed why we pursue this path: to bring better care, sharper understanding, and renewed hope to our patients back home.

As we left the hall in Fukuoka, we carried with us not only the memory of having presented on an international stage, but also the inspiration drawn from those who have dedicated their lives to advancing the care of lupus patients. **This was more than a presentation—it was a defining moment that strengthened our resolve to grow into rheumatologists who are both competent in science and compassionate in care.**