

USTH Celebrates World Arthritis Day 2025

"Achieve Your Dreams: Resilience at Every Step, Hope in Every Goal"

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In celebration of World Arthritis Day, the fellows of University of Santo Tomas Hospital Section of Rheumatology held a lay forum on October 13, 2025, at the Ambulatory Care Services. With the theme *"Achieve Your Dreams: Resilience of Every Step, Hope in Every Goal,"* the event gathered patients at Ambulatory Care Services (ACS) for a morning of learning, engagement, and empowerment.



The program was opened by USTH Department of Medicine chair Dr. Julie Li-Yu, followed by an insightful lecture by Dr. Dezza Montejo, who discussed the different types of arthritis and their management. Participants also received free uric acid screening, along with snacks and health-related giveaways provided by the Section.





More than a medical event, the forum served as a reminder that arthritis, while chronic, need not hinder one's aspirations. Through awareness, education, and proactive disease management, patients are encouraged to take an active role in their health. As echoed in this year's theme, every step taken with resilience brings renewed hope—proof that living with arthritis can still mean living with purpose and progress.

