People Empowerment for ARthritis and Lupus

June 11, 2017 – by Dr. Mika Ana Sususco-Frio

BY THE NUMBERS...

Total Attendees: 84

Lupus: 36

Rheumatoid Arthritis: 32

Psoriatic Arthritis: 9

Osteoarthritis: 5

Ankylosing Spondylitis: 1

Overlap SLE + Scleroderma: 1



June celebrants were given a surprise! @

"SHARING IS CARING"

It is not easy to cope with the effects of having a chronic rheumatic disease, such as lupus and the arthritides, on an individual's well-being, functional ability and mortality. An estimated one-fifth of individuals with rheumatic diseases experience symptoms of depression and anxiety. This quarter, the force behind People Empowerment for Arthritis and Lupus (PEARL) chose to address this issue by holding a peer activity bearing the theme "Sharing is Caring." Set in St. Luke's Medical Center, Quezon City's Cathedral Heights Building Complex, this quarter's PEARL affair was focused on sharing and camaraderie. Hosted by Dr. Imee Esquibel of USTH Rheumatology, the 14th floor auditorium was packed with patients, companions and PEARL staff. The event was kicked off by a Zumba session led by Dr. Noreen Kintanar of SLMC Rheumatology.



Zumba with Dr. Navarra

Invitations to the event had been sent out with online registration available. After registration, participants were divided into 5 groups. Each group was assigned to a station focusing on their stories, disease awareness and environmental concerns.

"I discovered the event through Facebook." – GG, a new participant from The Medical City

STATION 1: PLASTIC BAG FOLDING



Participants in the 1st station where taught how to fold a plastic bag properly by Drs. Rodeo Navarroza and Ronald Ramirez.

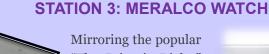




STATION 2: SAVE THE NATION THROUGH SEGREGATION

At the 2nd station, each participant was quizzed on waste segregation by Drs. Mardi Dañez and Francis Martin Cuenco.





"The Price is Right,"
gamemaster Dr.
Maricar Bayo-ang, with
assistants Drs. Michelle
de Jesus and Richelle Joy



Bayson, led the participants in the 3rd station to determine how much energy was being consumed by certain appliances.



STATION 4: LUPUS/ARTHRITIS KIT

In the 4th station, the participants were taught on the essential items for lupus and arthritis.



Dr. Mika Ana Frio facilitated and asked participants to classify items belonging to the lupus or arthritis kit.



STATION 5: SHARING OF STORIES

In the 5th and last station, the participants were asked to share their stories and experiences regarding their diseases. The sharing sessions were facilitated by Drs. Bryan Paras, Richard Pelo, Miguel Molina, Noreen Kintanar.







RAFFLE AND MORE...

Participants who were able to complete all stations were granted stickers which entitled them to join a raffle. Prizes included medications, tumblers, chocolate and cash. A rummage sale was also located at the back of the room for items of clothing, tumblers, USBs and other sundries. Lunch was served while intermission numbers were performed by our very own songbirds.





ACKNOWLEDGEMENTS

This event would never have happened without the unending support of the benefactors, institutions, and individuals who generously supported this quarter's PEARL: St. Luke's Medical Center, University of Santo Tomas Hospital, Jose R. Reyes Memorial Medical Center, Philippine Rheumatology Association and the hardworking fellows and staff of UST Hospital, SLMC and JRMMC, who made everything possible, truly a job well done - straight from the heart!

ATTENDEES:

Abejay, Vanessa	Eliyas, Trisha Mae	Oquendo, Lady Aizza
Agir, Gloria	Emata, Ceferina	Pablo, Danica
Ancajas, Rosalina	Espino, Rowena	Padilla, Maria Teresa
Aquino, Karen	Estrada, Zenaida	Pingol, Hermina
Aspiras, Agnes	Fernandez, Ofelia	Picorro, Aida May
Asuncion, Michelle	Francisco, Alejandra	Polanco, Michelle
Atanacio, Rosylor	Fuenteblanca, Scarlet	Pozon, Lovely Sweet
Baking, Diane	Gabrentina, Gigee	Quiano, Belen
Balbin, Glenda	Ganigan, Carmencita	Quinto, Arlene
Ballecer, Teresita	Ganigan, Virgilio	Regala, Gladys
Barrac, Jessica	Garais, Arlene	Reyes, Sylvia
Bautista, Rannelyn	Geronimo, Jessabelle	Ronquillo, Cecilia
Baylon, May Marie Joyce	Guerra, Myrna	Sambo, Teresita
Besmonte, Jennifer	Juerra, Remigia	Santos, Connie
Blas, Ma. Socorro	Lacad, Rowena	Sevillo, Herly
Blas, Ma. Theresa	Lista, Jenet	Sze, Violeta
Boyles, Joann	Lipata, Usulo	Soriano, Remedios
Boyles, Valentino	Luna, Cecille	Tanate, Sonia
Cabugao, Dalisay	Manalac, Eva	Tejares, Reginald Jorge
Cachuela, Roselyn	Manalac, Hermie	Tepace, Joshua
Cajatol, Gina	Manalac, Victor	Toledo, Catalina
Capote, Janet	Mananquil, Bebs	Valdueza, Erika
Caronan, Evelyn	Manglapus, Racquel	Villasis, Rosemarie
Carcole, Annaliza	Marcelo, Gloria	Zablan, Zeny
Centeno, Elyn	Mil, Alvin	
Cheng, Eden	Nillasca, Melba	
Choo, Maria Luisa	Nuque, Elvira	
Cruz, Gloria	Oclida, Irene	
Dela Cruz, Celine	Ofrancia, Dina	
Dela Pena, Tarcila	Ola, Hermenigilda	