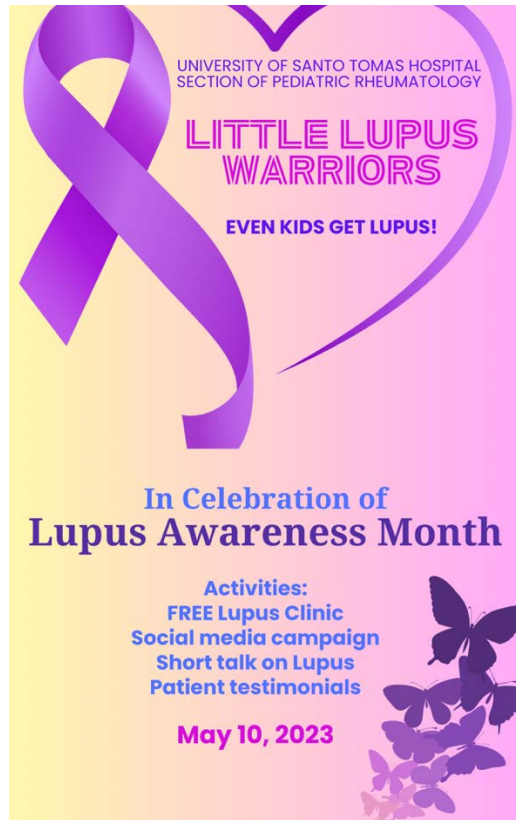


## LUPUS AWARENESS MONTH

May 8, 2023

By: Maria Catherine Joyce D. Garcia, MD  
& Marjorie Isabelle I. Chan, MD



May is Lupus Awareness Month. It is celebrated to raise the voices of all those impacted by lupus. It is a time for the lupus community to join together and recognize their strength, passion and optimism.

The pandemic had greatly strained our face-to-face encounters, however with the help of medical advancement and vaccine innovation, we have persisted. As the restrictions eased up, we were finally able to physically gather once again to celebrate our little lupus warriors last May 8, 2023 at the UST Hospital Pediatric Ambulatory Care Services.

Dr. Christine Bernal, Section Chief of Pediatric Rheumatology together with Dr.

Ma. Theresa Collante, training officer were joined by the Pediatric Rheumatology fellow - Dr. Marjorie Chan, Adult Rheumatology fellows - Dr. Lauritzen Rosales and Dr. Jan Mark Antenor and Pediatric Residents Dr. Jairah Tecson and Dr. Elizabeth Ibañez. The said consultants, fellows and residents provided free check-up for all the lupus patient attendees. This was the first part of the activity.

There were 18 lupus patients who attended. Consultant who was also present to celebrate with us was Dr. Sandra Navarra.



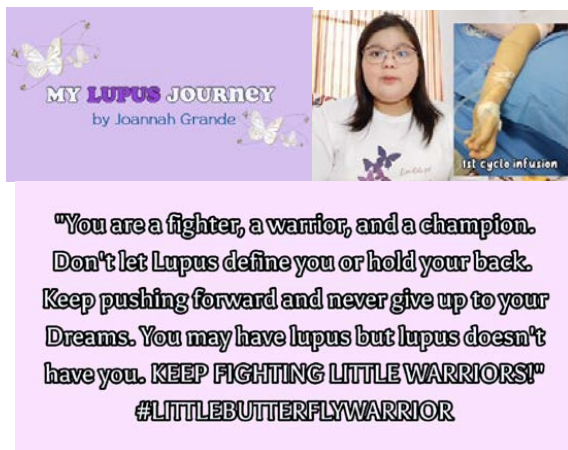
After the consultation, the program started with an opening prayer, followed by an opening remarks given by Dr. Christine Bernal.



The next part of the program is a video presentation by Julia Venida, an adolescent diagnosed with lupus who has already been transitioned to adult care. She creates videos to spread awareness and help her fellow lupus warriors. We chose to exhibit her Lupus Diaries videos to enlighten and remind our patients that their medical condition is not a hindrance in pursuing their dreams.



The last part of the program is the presentation of a testimonial video by another lupus patient – Joannah Raissa Grande. She was diagnosed with Lupus Nephritis and has undergone several treatments at the UST Hospital. In spite of what she has been through because of her medical condition, she remained optimistic and hopeful. She was able to inspire her fellow little lupus warriors through her short video.



Aside from celebrating the Lupus Awareness Month, it was also a special day for all of us because the event coincided with the birthday of our very dear mentor, Dr. Christine Bernal. She is a blessing to all of our patients and a role model to all of us trainees. We ended the program by wishing her a very happy birthday.



All of our little lupus warriors even got a special gift bag from Dr. Bernal!



This activity reminded us how challenging lupus is and how it affects our little lupus warriors and the people around them. It is important for them to know that they are not alone in their journey. Having a strong community behind them can make a difference.



## PHOTO GALLERY



## ACKNOWLEDGMENTS

1. Dr. Christine Bernal
2. Dr. Ma. Theresa Collante
3. Dr. Sandra Navarra
4. Dr. Lauritzen Rosales
5. Dr. Jan Mark Antenor
6. Dr. Jairah Tecson
7. Dr. Elizabeth Ibañez
8. Ms. Julia Venida
9. Ms. Joannah Raissa Grande