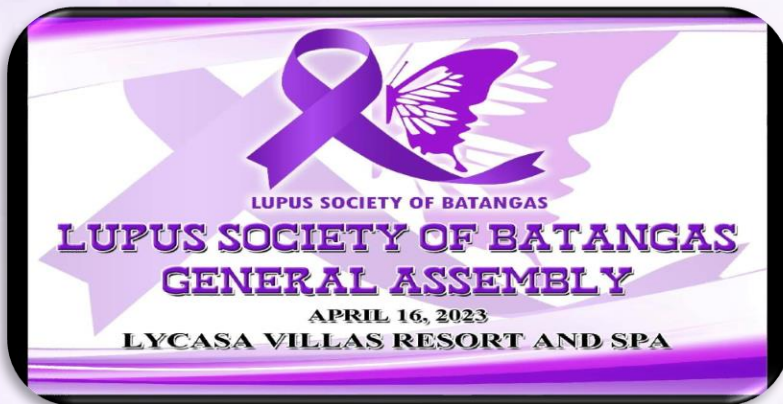


MAKING LUPUS VISIBLE – Pinoy Style

By Robelle Mae Tanangunan

Our Lupus communities had been missing the Lupus advocacy celebrations and activities, which were either put on hold or transitioned to online/virtual lay forums. These activities, especially face to face events, are very important to people living with Lupus as it is one avenue to feel they are not alone. Knowing and talking to someone who understands the lupus journey is essential and can promote positive outlook, especially those who are struggling to accept living with lupus.



LUISA is fortunate to be invited to Lupus Society of Batangas' general assembly held at Lycasavillas Resort and Spa, Cuenca, Batangas. Lupus Society of Batangas emerged in 2015 from the passion of Dr. Allan Lanzon, a UST alumni rheumatologist. The event included talks on Lupus Facts by Dr. Gerald Natanauan and Living Well with Lupus by Robelle Tanangunan. The strength and perseverance of the lupus warriors were highlighted during their dance to "Fight Song" by Rachel Patten. We would like to acknowledge the Local Government officials of Lipa City, Batangas, who have continuously supported Dr. Lanzon and the Batangas Lupus warriors.

The Lupus Society of Batangas members with rheumatologists Dr. Allan Lanzon (*seated, 3rd from right*), and Drs. Gerald and Bethlehem Natanauan (*seated, 5th and 6th from right*)





Dr. Allan Lanzon, as he welcomes the attendees, with hope that Lupus Society of Batangas will have more face to face events



Dr. Gerald Natanauan, while giving LUPUS facts to help patients and caregivers take good care of themselves



In Celebration of World Lupus Day

MAKE LUPUS VISIBLE

9:00am-12:00nn

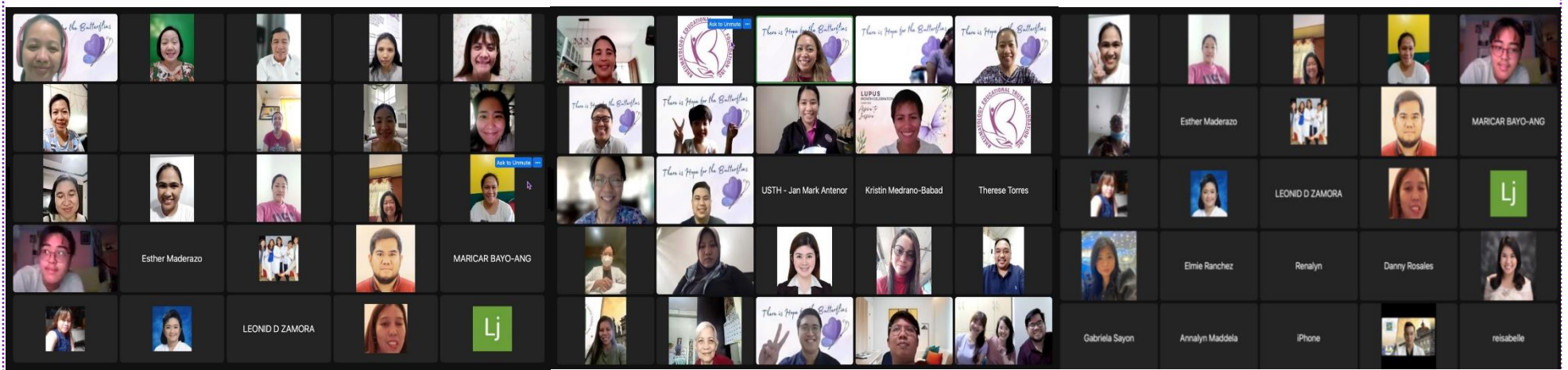
Sunday, May 14, 2023

Via Zoom

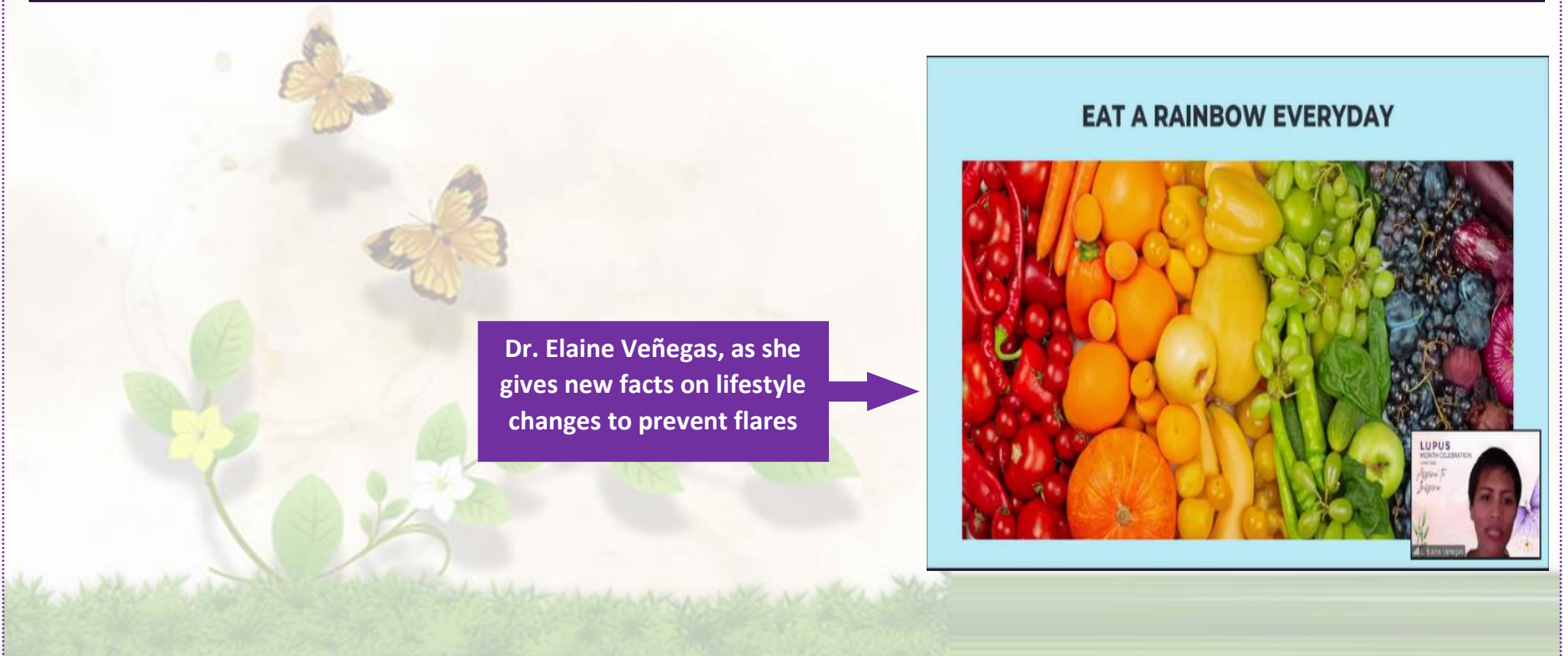
Powered by Lupus Inspired Advocacy (LUIA) and SLE-SIG of
Asia Pacific League of Associations for Rheumatology (APLAR)

With the safety of patients our first priority, UST Section of Rheumatology and Lupus Inspired Advocacy (LUIA) opt for a virtual celebration of World Lupus Day, hosted by Dr. Lauritzen Rosales and Robelle Tanangunan. While it was just for half a day, it was full of new ways for holistic care of the patients from Dr. Elaine Veñegas' talk on Lifestyle Medicine. We also get to hear the inspiring stories of Lupus warriors Jan Aerrol Retuya and Catherine Rosendo. And when we say a FUN, games and prizes were led by our new fellows: Drs. JM Antenor, Fyanne Lim, Marjorie Nierra, and Jan Pabustan. Special thanks as well to other fellows Drs. Barbara Panopio, Dr. Marivic Bolando, Dr. Carmi Pedregosa. Lastly, this is not possible without the guidance of our UST Rheumatology consultants.





Virtual forums make it possible for Lupus warriors all over the Philippines to conveniently join us in these fun and impactful events social and educational gatherings.



Dr. Elaine Veñegas, as she gives new facts on lifestyle changes to prevent flares



EAT A RAINBOW EVERYDAY



Through the zealous efforts of rheumatologist Dr. Vivian Santos, Isabela lupus support group had their FIRST event last 21 May at Our Lady of Pillar Parish Pastoral office, Cauayan, Isabela. Even those from towns hours away from the venue made time to personally meet other lupus warriors. It was a united effort of the doctors and patients as volunteer lupus patients designed the poster, hosted the event and even became the game master. Special acknowledgement to rheumatologist Dr. Dominic Dela Cruz, who also graced the event. Robelle Tanangan travelled all the way from Manila to Isabela to be part of this momentous event. Special raffle prize was "HOPE FOR THE BUTTERFLIES" book. Isabela Lupus Support group would also like to thank the pharmaceutical companies who had helped in making this event possible.



