

World Arthritis Day: Informed Choices, Better Outcomes

"Bringing Hope to Kids Living with Arthritis"
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By: Adrienne Katrin M. Guiang-Valerio, MD



UNIVERSITY OF SANTO TOMAS HOSPITAL
DEPARTMENT OF PEDIATRICS
SECTION OF PEDIATRIC RHEUMATOLOGY



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JOIN US AS WE CELEBRATE WORLD ARTHRITIS DAY

As we celebrate World Arthritis Day, we are reminded that arthritis can touch the lives of children, often in ways we might not fully understand. Raising awareness and educating our community is vital to improving the lives of these young warriors who face challenges beyond their years.

On this special Sunday, 13 courageous children living with arthritis, along with their devoted parents, gathered for a day filled with joy, learning, and heartfelt support.



The event began with a touching prayer led by one of our youngest patients. Following this, Dr.

Christine Bernal delivered an inspiring opening remarks that set a tone of hope and unity.



To foster connection among the kids, we kicked off the program with an icebreaker game of charades. This activity not only encouraged teamwork but also helped the children get to know one another in a relaxed atmosphere. To keep the spirits high, we continued with a guessing game, where participants eagerly identified items hidden inside a box. The anticipation of what the box might hold added a delightful thrill to the day.



After the games, we organized an arts and crafts session. Each child received a blank canvas tote bag to decorate as they pleased, with some choosing to illustrate their personal experiences with arthritis. It was heartwarming to hear them explain their drawings, offering unique insights from a child's perspective. To encourage creativity, we held a friendly competition, rewarding the top three designs with prizes, but in truth, every creation was a victory.



To ensure that every child left with a smile, we prepared another engaging game where they had to blindly match items inside a box. As the event came to a close, the kids also showcased their talents by dancing to the lively tunes of "Pantropiko" and "Salamin, Salamin." After sharing a delicious meal together, the children excitedly joined their parents upstairs to present their artistic creations.



This gathering not only fostered camaraderie among the kids but also educated parents about the importance of building a strong support system for their children. By coming together, we reinforced the message that no child has to face arthritis alone.



As we reflect on this day, let us carry forward the spirit of compassion and community, ensuring that every child knows they are seen, heard, and cherished.