



Syamsi Dhuha  
FOUNDATION

*Presents*

# **How people with lupus are going through 2020 in Indonesia ?**

**Dian Syarief**  
**Bandung, 27 November 2020**

# Agenda

- **Before Pandemic (2018 - 2019)**
  - Promoting Research on Existing Indonesian Herbal
  - Lupus campaign & education
- **During Pandemic (2020)**
  - Problem
  - Solution

- **Promoting Research on Existing Indonesian Herbal (*physalis angulata*) as potential supplement for lupus patients**

**Background:**

- Lots of Indonesians love herbal supplements, including lupus patients
- Unfortunately, most herbal supplements are immunostimulants that could be dangerous for lupus patients
- SDF is triggered to find supplement which are safe and provide benefit for lupus patients. SDF conducted SDF Award to fund preliminary research on Indonesian Herbal that could provide benefit (such as anti inflammation, immunosuppressant and other benefits)

- Among several herbals, *physalis angulata* was chosen to further research : pre-clinical trial.
- SDF was partnering with School of Pharmacy Bandung Institute of Technology and Faculty of Medicine Padjadjaran University to conduct this research
- Results of this pre-clinical trial was promising. Report of this research was presented to BPOM (Indonesia FDA). The plan, further research and clinical trial will be conducted funded by the Government.

## ❑ Before Pandemic (2018)



### Lesikaf Launching



### Introducing result of research on Indonesian Herbal

# Introducing result of research on Indonesian Herbal

## 6 major cities in Indonesia





## ❑ Before Pandemic (2019)



**Bandung**



**Jakarta**



**Lupus campaign & education**

## □ During Pandemic (2020)

### ■ Problem & Solution

1. **Medical Problem (Barrier to have a direct consultation with the doctors)**
  - Higher risk both for doctors and patients

**Solution : Telemedicine – Online consultation**

- Suggest patients to have effective communication
- Need to encourage patients to prepare completed medical data to be analysed.



## ❑ During Pandemic (2020)

### ■ Problem & Solution

#### 2. Availability of general (immunosuppressant) and specific drugs (hydroxychloroquin)

**Solution : Advocacy to relevant Government Agency, Doctors Association and Pharmacy**

- Got attention from the Government and improvement on availability of the drugs distribution requested

## □ During Pandemic (2020)

### ■ Problem & Solution

#### 3. Psychological : Less activity ➡ Stressful

##### **Solution :**

- Psychological Support through online sharing session with Psychologist
- Sharing experiences & activities, maintaining communication with similar support groups



## 7 May, Autoimmune Talks : Blessing behind Corona

**KAMIS, 7 MEI 2020**  
**Mulai pukul 9.00 WIB / 10.00 WITA**  
Sambut World Lupus Day & World Autoimmune Day 2020,  
bersama:



Nisa Harnawati, S.Psi, M.Psi  
Psikolog, Ratus ULP Fakultas Psikologi  
UMH SIGI Bandung



Dian Syarif  
Founder Syamsi Dhuha Foundation

LINK:

[bit.ly/bincangautoimmune](http://bit.ly/bincangautoimmune)



**MINGGU, 3 MEI 2020**  
**Mulai pukul 9.00 WIB/ 10.00 WITA**

Sambut World Lupus Day &  
World Autoimmune Day 2020 bersama wakil  
komunitas Lupus/Autoimun di berbagai daerah.

LINK:

[bit.ly/bincangkomunitas](http://bit.ly/bincangkomunitas)



## 3 May, Friendship & Solidarity among Communities



Pengemang di akhir pekan

### Wirausaha Alternatif Kegiatan Positif & Produktif



Aulia Siska  
Ketua Graha Kupu - Lamongan, Pendamping & Trainer UKM

**Sabtu, 13 Juni 2020**  
**13.00 - 14.00 WIB /**  
**14.00 - 15.00 WITA**  
**via Zoom**

**GRATIS**

Segera daftari : Narina (0856-2442-2145) / Agis (0857-4367-1873)

## 13 June : Entrepreneurship, Positive & Productive Activities



Pencerahan di akhir pekan

### Kiat Berwirausaha di Masa Pandemi



Sandya Widiati  
Founder Rumah Belajar Permata & Kucingkepo.id

**Sabtu, 13 Juni 2020**  
**09.00 - 10.00 WIB /**  
**10.00 - 11.00 WITA**  
**via Zoom**

**GRATIS**

Segera daftari : Narina (0856-2442-2145) / Agis (0857-4367-1873)

## 13 June : Tips of Entrepreneurship during Pandemic

Relaksasi di akhir pekan

## Gentle & Mindful Yoga for Autoimmune



with Eka Sucahyati

Minggu, 28 Juni 2020  
09.00 - 10.00 WIB /  
10.00 - 11.00 WITA  
via Zoom

Segera daftar : Agis (0857-4367-1873)

## Grow Your Own Foods

\*Menjadi Petani Balkon/Rumahan di Era Pandemi  
\*Membuat Larutan Ajaib dari Sampah Organik



**Luky L Santoso**  
Asesor Pertanian Organik &  
Penyintas Autoimun

Sabtu, 1 Agustus 2020  
10.00 - 12.00 WIB  
Via Zoom  
(Bimbingan lanjutan Via Kulwap)

\*Donasi sukarela untuk autoimuners yang terdampak Covid-19

#sehatbersihalami

Info & Pendaftaran : Rani (0857-9491-3682)

## Workshop Anger Management

Control you anger, before it controls you

Minggu, 30 Agustus 2020

08.00 - 12.00 AM

Online via zoom

Rp. 300.000

Early Bird Rp 250.000 s/d 23 Agustus 2020



**Dandi Birdy, Diah Mahmudah**

**Psikoterapis**  
Penulis Buku Anger Management

4 jam mendapatkan pendampingan:

- Konsep Anger Management
- Teknik Psikoterapi & Relaksasi

CP : Indah, (0897-4985-976)

Mindful Living Series with Marisza Cardoba

## HOPE FOR LUPUS



Host :  
Marisza Cardoba



Tetap Bahagia  
Hidup dengan Lupus

Narasumber :  
Dian Syarif  
- Penyintas Autoimun  
- Pendiri Syamsi Dhuha Foundation



Moderator Diskusi :  
Prof. Dr. Aru W. Sudoyo SpPD, KHKOM  
- Ketua Dewan Pengawas Marisza Cardoba Foundation  
- Ketua Umum Yayasan Kanker Indonesia  
- Wakil Ketua Dewan



Narasumber :  
Prof. Dr. Aris Rengganis, SpPD, K-AI, FINASIM  
- Pakar Autoimun  
- Ketua Pengasas Pusat Perhimpunan Ahli Immunologi Indonesia  
- Ketua Dewan Pembina Marisza Cardoba Foundation

Live in :  
zoom

Selasa, 22 September 2020  
Jam 15.30 - 17.30 WIB

**GRATIS**

DONASI SESUAI KEMAMPUAN :  
YAYASAN MARISZA CARDOBA INDONESIA  
Bank Mandiri 1240007532303

## □ During Pandemic (2020)

### ■ Problem & Solution

#### 4. Financial problem : Less/losing income due to pandemic

##### **Solution :**

- Financial aid, to those in need, especially for buying drugs
- Encourage to switch to become entrepreneur – provide webinar training and partnership with company for reseller activities

## □ During Pandemic (2020)

### ■ Problem & Solution

#### 5. Lupus raises chances of catching Covid-19

**Solution : Promote Healthy Life**

- ✓ **Strong motivation to raise your immunity**
  - Basking (limited sun-bathing)
  - Do exercise
  - Taking supplement
  - Healthy food
  - Sleep well
  - Health protocol
- ✓ **Be optimistic, positive thinking & balancing body, soul & mind**
- ✓ **Creative activities during pandemic: hobbies, do what you like, be connected to your friends & family**

❑ **Video : SDF's activities during pandemic**





Syamsi Dhuha  
FOUNDATION

**Thank You**  
**Care for Lupus, your caring saves lives**