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President's Message June 2011

Has the awareness of psoriasis increased in Singapore? A patient of mine recently commented that the awareness of Psoriasis appears to be on the increase and more and more people are aware of the disease. He observed that his colleagues at the workplace seem to know about the disease and have a better understanding of the disease. I hope that the observation is correct because we want the public to have greater awareness of the Psoriasis. With greater awareness, there will be less discrimination. Psoriasis is a non contagious disease and although the appearance can be unsightly, there is absolutely no risk that it can spread from one to another. It is ignorance about the disease that leads people to avoid or stare disapprovingly at others with psoriasis.

As part our Associations effort to raise public awareness of psoriasis, we regularly conduct Public forums on Psoriasis to educate the public on psoriasis. If you have psoriasis, do come down to learn more about the disease and the latest treatments. If you do not have psoriasis but want to learn more about the disease, do come down too and you will be enlightened about the disease. More details of the event will be in the news letter, so mark the date on your calendar!

God bless,

Colin Theng




PAS

ANNUAL GENERAL MEETING
Saturday, 2 July 2011
*** Qigong Class ** Buffet Lunch * * Goodie Bag ***
National Skin Centre
1 Mandalay Road
Singapore 308205
Please RSVP @ 9001 8012



The **Psoriasis** Newsletter

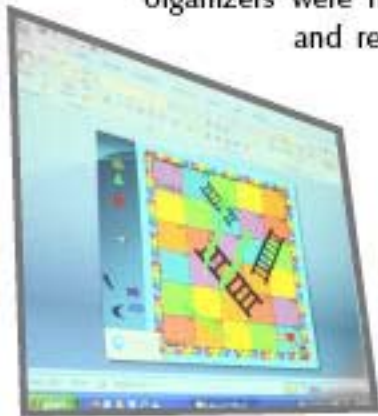


PAS Party 2011 at Cairnhill Community Club



A NOTE OF APPRECIATION FROM A NURSE FROM INDIAN WHO CAME FOR DERMATOLOGY NURSING COURSE AT NATIONAL SKIN CENTRE

Thank you to the Psoriasis Association of Singapore for the incredible, amazing, opportunity given to me to be a participant in annual party held on 26.02.2011. The organizers were nice, courteous, sincere and respected the feelings of psoriatic patients.



I enjoyed the views and comments shared enthusiastically by the patients. People were generally very encouraging and there was a great spirit of loving kindness. Psoriatic

patients need hope and the support of a caring community and these were evident at this meeting. This will empower psoriatic patient with the courage to face their problems and ensure success in their treatment.

I look forward to many more opportunities to participate in activities like where love, hope and faith prevail. I'm sure you all will do well for your country. I am forever indebted to you for being instrumental changing my attitude towards my patients.

By Prof Jacob

Will psoriasis take over my life?

My psoriasis was really serious. It all happened rather innocently in late December 2006 when I noticed a few itchy red spots on my arms and legs. I had never seen anything like that before but they didn't seem serious. I assumed they were some kind of allergic reaction and would disappear with time. However, a few weeks later, instead of disappearing, they were everywhere. I tried applying a rash cream but that did nothing. Then I went to see the doctor at a clinic. He told me that the itchy red spots are actually psoriasis and that it cannot be cured. He gave me some creams

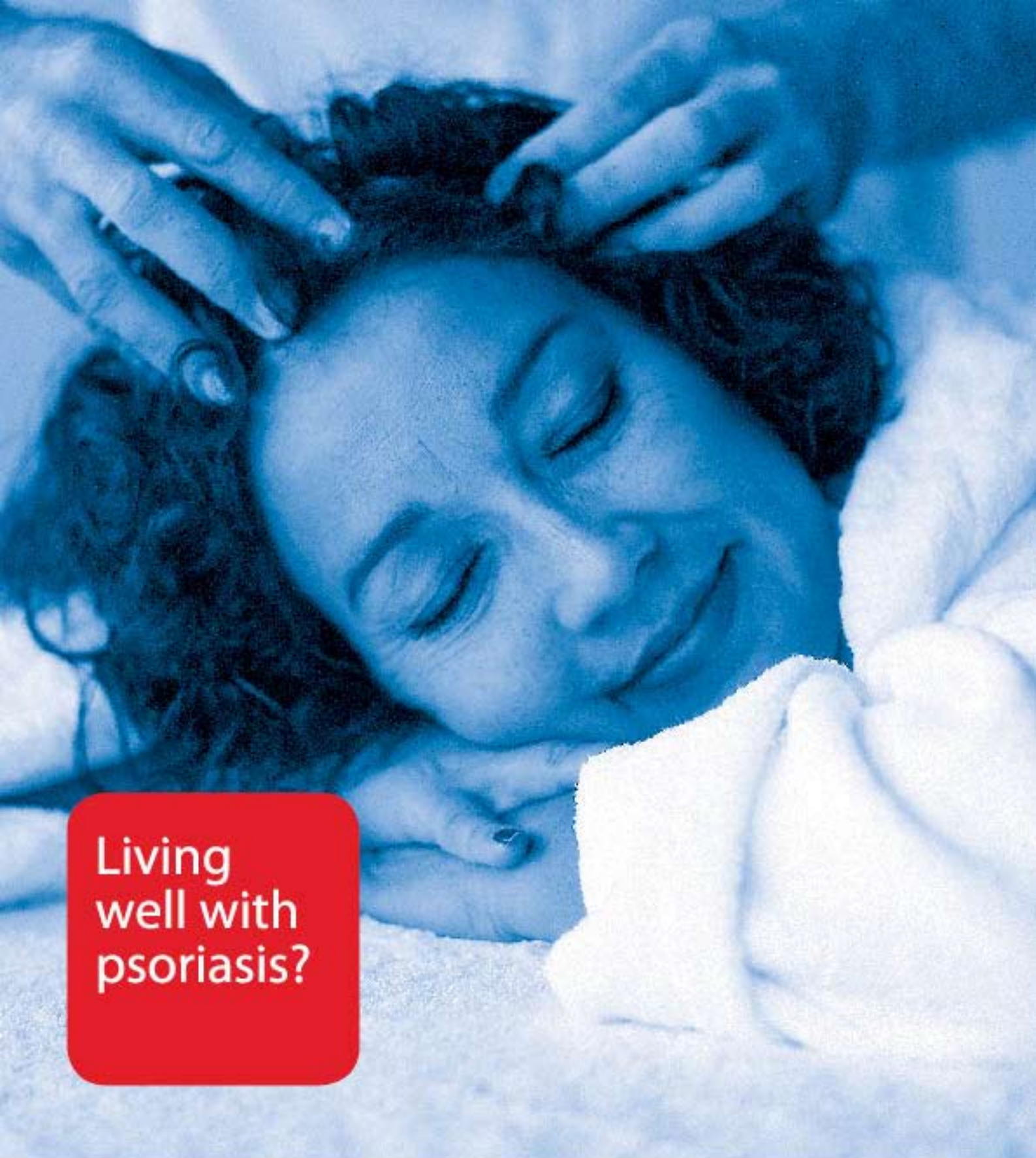
to apply. Psoriasis? I have never heard of this name before, and I did not really understand what he meant by "cannot be cured". Why did he still give me creams to apply? I searched on the internet to learn more about psoriasis. As I read and knew more, it became a nightmare to me.

I applied the sticky cream given by the doctor to my body for over 2 months but it did not work. The red spots multiplied quickly each day and it began to spread all over my whole body. Each day when I wake up, I was horrified to see more of them on my arms, elbows, knees, legs, chest, back, and also on my face and scalp. They were everywhere. I could not make myself go out to meet people. I was devastated and depressed, thinking that psoriasis would take over my life. I felt so desperate that I even thought of ending my life many times. I sought for advice and I found through the internet that I can seek treatment from the National Skin Centre.

It was 3 months later when I finally got to see the dermatologist and by then, the psoriasis had spread to almost 85% of my whole body. I was sent for UVB phototherapy and was given prescription creams to apply on my lesions. The cream helped to get rid of the scaling and itch. After three months of phototherapy, the psoriasis was finally controlled and about 20% of it was left on my body. Up to today, I have managed to control it very well and only 1% of it is left on my body. During this journey of self discovery, I found that self motivation and willpower are very important.

I urge anyone dealing with psoriasis to keep trying the different treatments. You will never know which one is the best for you. When I first had psoriasis, I tried to hide it away from others, but later I opened up because I believe that self confidence is the way to overcome psoriasis. Try to think positive to overcome and control it. Do not let Psoriasis control you and your life. It is important to know that you can control it.

From: Lee Soon Kong



Living
well with
psoriasis?



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