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President's Message

The PAS Newsletter has been a very useful means of communication for our Association and we have been very fortunate to have had the support and sponsorship of Galderma over the past few years in producing the newsletter. They have been most generous and helpful and we thank them for the hard work they have put in over the years.

I would like to welcome aboard our new sponsor, LEO Pharma™, who has kindly agreed to take over the sponsorship of the Newsletter. We look forward to working with LEO Pharma™ and we hope to be able to keep you updated on the activities and events of the Association through this newsletter. We will continue to inform you on the latest information on psoriasis.

If you have any suggestions on how to improve on the newsletter, or if there are any issues or topics you wish to be covered in the Newsletter, do give us your feedback. We strive to make the Newsletter a more useful and meaningful one for all our members - so keep those suggestions coming.

God bless,

Colin Theng

Update on Advisory on Raptiva(R) (Efalizumab)

Recently, the European Medicines Agency's (EMA) has recommended the suspension of sales and marketing of efalizumab Raptiva(R) in Europe as stated in a press release dated 19 February 2009. This recommendation is awaiting further endorsement from the European Commission.

Efalizumab [Raptiva(R), Merck Pte Ltd] was registered in Singapore in January 2005 and is approved for the treatment of adult patients with moderate to severe chronic plaque psoriasis. EMA's recommendation decision to suspend the sales of Raptiva(R) stems from an assessment of the unfavorable risk versus benefit profile of the drug, taking into consideration the four cases of progressive multifocal leukoencephalopathy (PML) recently reported to the agency, of which 3 are confirmed cases. Two of the three confirmed cases resulted in death.

PML is a rare, progressive, demyelinating disease of the central nervous system that usually leads to death or severe disability.

EMA has recommended the suspension of marketing authorization for Raptiva(R).

I would advise all patients who are currently on Raptiva(R) to discuss the continued use of this medication with their attending physician.

Psoriasis Support Group Year-End Party 2008

On 18 Dec 08, members of our Psoriasis Support Group gathered for a time of FUN, FOOD & WILD CELEBRATION! We gave thanks for the eventful year of 2008 and welcome a brand new 2009.

The event on held on thursday evening at the Naked Fish Shoppe at Yio Chu Kang Grassroots Club. 48 attendees (members and their families, and 2 medical social workers from National Skin Centre) attended the event.

The festive evening began with a warm buffet spread of yummy international cuisine. From delicious spaghetti bolognese, succulent roast beef to Japanese sushi and local favorites like satay with peanut sauce, the mouth-watering food enticed many to return for numerous helpings.

Thanks to our ever-creative supporter-member, Nik, laughter and cheer could be heard across the restaurant during table games. From spelling "Mississippi" to Rebus puzzles, the brain teasers were thoroughly enjoyed by all, young and old. Our friendly Naked Fish staff also helped to up the festive

The evening ended with a bang. Everyone set off for home at 9pm, satiated with hearty food, high spirits and great company. The association also gave out NTUC vouchers to 13 members who were financially needy.

The Association will like to take this opportunity to thank our members for their support. And look forward to MORE new members joining this 2009!



Psoriasis Support Group Relaxation Activity (26 Feb 09)



Our first support group session for 2009 kicked off with a Relaxation Activity on 26 Feb 09(thurs). This activity was organized after numerous feedbacks from members to expand the repertoire of topics/activities conducted during the bi-monthly support group sessions.

Madam Huang, a teacher specializing in "He Gu Clapping Technique" was invited to engage our support group members in learning some useful relaxation techniques and skills. Madam Huang usually conducts a 10-week class for interested

students at NUS and has been performing this technique herself for many years. She attributes her good health, trim physique and vitality to daily practice of the He Gu Clapping Exercise.

Madam Huang imparted her knowledge/moves in 2 segments. The 1st segment is known as "Clapping Hands in 18 Steps" and the 2nd is "18 Steps of Health Care Exercises".

Our members were intent in trying to follow her steps, verbal explanations and move with the background music. Many commented that they have not been regularly exercising and this technique allowed them to stretch areas of their bodies that were sore and required attention. Explanatory worksheets were also given out to help members recall the steps and practice in their own time.

Overall, many enjoyed the clapping techniques in the 1st segment and felt that the 2nd segment was more challenging physically. Most agreed that it would be useful if practiced consistently and were encouraged by Madam Huang to do so as to fully reap the benefits of the technique.



invites you to an afternoon talk

NEW ADVANCES IN PSORIASIS TREATMENT

17 May 2009 (Sunday)

3.00 p.m. to 4.00 p.m.

Cairnhill Community Center Multi-Purpose Room
(Opposite Car Park of Newton Hawker Center)



Guest Speaker:
Dr. Vincent Ho

Professor of Dermatology,
University of British Columbia

Director of Immunodermatology Clinic,
University of British Columbia

Head of the Department of Dermatologic Oncology,
British Columbia Cancer Agency

Program:

- 3.00 p.m. Opening *by Dr Colin Theng, President of PAS*
- 3.10 p.m. Biologics in Psoriasis Treatment *by Dr. Vincent Ho*
- 3.40 p.m. Q & A
- 4.00 p.m. Refreshments

Kindly RSVP by 8 May 2009 (Limited seats available)

For further details, please contact Secretary of PAS, Nik Samsudin at meldeanalliance@gmail.com or 9005 8264

Supported by:



JANSSEN-CILAG

Psoriasis Support Group Programme in 2009

Date	Time	Venue	Proposed Programme
25 Jun 2009	6:30 – 8pm	NSC Cafeteria	Talk: Psychosocial Impact of Psoriasis by MSW
1st Aug 2009 (Saturday)	11am – 2:15pm	NSC Auditorium (Level 5)	Annual General Meeting (AGM) with Programme & Buffet Lunch
24 Oct 2009 (Saturday)		Alternate Venue	World Psoriasis Day
*Dec 2009	6:30 – 8:30pm	Alternate Venue	Year End Party / Informal gathering / Outing eg. chalet

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