

### OFFICE BEARERS (2009/10)

#### President

Dr Colin Theng

#### Vice president

Wong Foot Keng

#### Secretary

Valerie Poh

#### Asst Secretary

Nik

#### Treasurer

Colin Binns

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Lawrence Tan  
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Dr Thirumoorthy  
Dr Tham Siew Nee  
Dr Chong Wei Sheng  
Dr Lim Kar Seng  
Dr Wong Su Ni

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## President's Message

Seasons greetings! The end of the year is always my favourite time of the year. The mood is festive and there is a spirit of joy in the air. It is also a time to reflect back on the year that has gone by. I must say that as I look back on the activities this year, in particular, the World Psoriasis Day event that was held in October, I am encouraged by the dedication of the committee and many of the members in the support group who have given their time selflessly in organizing the event. It was a bold attempt to organize the walk along East Coast park as we had only a couple of months to prepare. The event was a success and many who attended the event were moved by the testimonials shared by our members. I am sure that this is a start of bigger things to come. With a dedicated team, we can surely do more for the organization. What we do need, however, is your support of the events. There is always strength in numbers and we look forward to your presence in future events.

God bless.

*Colin Theng*

## Walk for Awareness in conjunction with World Psoriasis Day

The Psoriasis Association of Singapore (PAS) organized the 'Walk for Awareness' event in conjunction with World Psoriasis Day on 24th October 2009. It started with a big fanfare at East Coast Parkway. Some 200 members, together with doctors, nurses and supporting staff were all donned in catchy red T-shirts and matching caps on this sunny morning.

The T-shirts had a highlighted slogan 'Psoriasis is NOT contagious', followed by the caption 'spread the news...'. The message was both meaningful and significant for public awareness; It conveyed the message effectively to the public!



The Committee gathers at the stage for the Opening Ceremony of the walk

## Report on “Walk for Awareness”

The skin is the largest organ in our body. It plays an important role in controlling our body temperature and serves as a barrier to infection. More than 125 million people worldwide suffer from psoriasis, an affliction of the skin. The cause of psoriasis is unknown. Worst of all, psoriasis has long been misunderstood. People tend to stare at the lesions on the skin of psoriasis patients as the lesions are covered with flaky white scales. Many people think that the condition is contagious, but this is not the case!

In fact, psoriasis sufferers should ‘stop hiding’ and ‘start living’, urges Grammy award winner LeAnn Rimes. Today, members of PAS did just the same – ‘stop hiding’. The following accounts of the activities organized signify the other statement – ‘start living’.

At 0900hrs, all participants went out to the beach for the 2-km walk carrying with them colourful balloons written with the slogan – “Psoriasis is not contagious”. As they met the joggers, campers and cyclists along the way, a balloon was given to each of them. Some members even explained the purpose of the campaign. The public is made aware of the message – psoriasis is not contagious!

At 1000hrs, President of PAS, Dr Colin Theng gave an educational talk on Psoriasis. He introduced several clinical types of psoriasis. He pointed out that although psoriasis has no single cause, it is important to recognise some aggravating factors such as stress, injury and infection. He also explained the aims and choice of the treatment in psoriasis in detail.

The gathering was not for the members alone. Family members were turned out in full force and participated in all activities. Our guest-of-honour was the television celebrity,



Members and Families gathered before the start of the walk

Mr. Benedict Goh, who graced the occasion and mingled with all of us. I am certain that he knows and is aware that psoriasis is not contagious!

Several members shared their testimonials. Nurul was the brave girl for the day. She first sang a Malay song with her sweet voice and won a loud applause from us. The most interesting thing she shared was her experience in Primary School. She admitted that her classmates were uncomfortable with her presence, especially in the close setting of the classroom. She won them over with her friendship and hard work with the studies. She became more confident day by day and today she is evidently a confident lady!

More activities were presented during this campaign; there were motivational poems, lucky draw and free nail spa. Lastly, the buffet brunch was served at 1230 hours. The campaign ended with a success!

Reported by paulchen



Supporters, some on jumping jacks, carried and distributed balloons to passer by, to raise awareness of psoriasis

The following members were elected to the executive committee 2009/2010

President	: Dr Colin Theng
Vice-President	: Mr. Wong Foot Keng
Secretary	: Valerie Poh Guat Hua
Assistant Secretary	: Nik
Treasurer	: Colin Binns
Committee members	: Tan Yoke Choo Lawrence Tan Benjamin Goh Hasinas Sarma A Flora Fatima D’Cruz Joanna Tan Harry Hector Pereira Leong Keng Wai

Door gifts sponsored by Ego Pharmaceuticals Singapore were distributed to all members at the end of the meeting.



From Left, Dr Colin Theng and Celebrity Mr Benedict Goh with Vice President, Mr Wong Foot Keng leading the Walk

## WHY FACEBOOK?

The Psoriasis Association of Singapore (PAS) has decided to take a proactive step in keeping in touch with its members by using the popular social network, Facebook, to launch the Association's Facebook site, [pas.supportgrp@gmail.com](mailto:pas.supportgrp@gmail.com). It is a very effective and efficient way of keeping members informed and updated, and it also allows members to interact with each other.

Everyone will have their own ideas and reasons on why they have a Facebook account, but there are many reasons why the association think that this social media network is appropriate for our members. We encourage all the members of PAS to open the Facebook account soon.

Here are 10 reasons why you should keep connected with PAS by having an account with Facebook.

1. Facebook has many user friendly features that are easy to navigate.
2. Facebook has many applications such as uploading of videos, pictures etc that can used for FUN and promotion.
3. Facebook helps build relationships for personal and business contacts.
4. Through Facebook, one can identify new opportunities, and update past & current events.
5. Facebook can be used for marketing purposes.
6. Facebook is an effective way for sharing. Through Facebook, we can share information, tips, experiences and news with a large number of people around the globe.
7. Facebook is a useful way of engaging other people. It can be used to network and connect with lots of players in a given industry.
8. Facebook is informative. Through Facebook, one can reach a tremendous amount of information via links, websites, ebooks, interviews, product information. The amount and type of information that people post on these sites is just mind-boggling.
9. Facebook is one of the leading social network services online, so be part of it!
10. Facebook is FREE !!!

Start to learn about Facebook, folks. Sign up today, and spend a few minutes playing with it each day. Most importantly, have FUN!

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well with  
psoriasis?



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