

Annual Report by Tan Yoke Choo

The Annual General Meeting (AGM) was held at Village Hotel Bugis on Saturday at 3pm. The AGM started with a motivational talk, followed by a sumptuous anniversary lunch sponsored by Abbvie. Door gifts from Ego Pharmaceuticals were distributed to attendees.

Prof Kumaran Rajah and Dr Eugene Tan spoke on “Psychological Well-being for Psoriasis – Practical Strategies for Turbo Motivation” Their books were sold at a discount at \$20 each. The books were sold out and proceeds were donated to the association.

After the talk, the AGM began with Dr. Colin Theng going through the Report of events from 2021 to April 2022, as well as the Treasurer’s Report. After these two items were passed, the election of Office bearers began. Following the election of Office bearers, members of the Committee discussed activities for the year.

New Membership Cards

In celebration of our 40th year anniversary, we have changed the membership card to a modern design. National Skin Centre will continue to provide discounts at the retail pharmacy. The discount quantum will be 5% discount on eligible retail items. Members must produce their cards at the cashier when making payment. The other side of the card can be presented to verify that “Psoriasis is not contagious” when needed.

Amendment of the constitution

The constitution was written in 1982 and it is timely to revise. The revised version is specific and properly indexed. The new constitution is categorized for easy reference. The term of office will be 2 years to allow the office bearers to have more time to work out the tasks.

Barbeque Get together

Members got together on the afternoon of Saturday 13th August 2022 for a barbeque get-together. More than twenty members dug into the spread of satay, chicken wings, assorted Halal mixed grill and plenty of soft drinks, coffee and desserts. It was heartening to note that we saw both long-time members and relatively new members attend the event.

International Federation of Psoriasis Association (IFPA) Conference in Milan

Mr Edmund Lau represented Singapore to attend the conference on 4th -5th September 2022. He reported that IFPA had developed a strategy from 2021-2030 with 5 strategic goals to guide progress toward a future in which all people with psoriatic disease can enjoy good health and well-being.

World Psoriasis Day (WPD) 2022

There were about 500 attendees, and they participated in the various programmes and activities planned at the Oasis Terrace in Punggol Drive on 5th November 2022. The theme for the event was “United We Tackle Mental Health”. There were many fun-filled activities to drive this important message across to everybody on that day. We are grateful to the following sponsors for the supports: Abbvie, Boehringer Ingelheim, DKSH, Johnson & Johnson, Novartis, Leo, Fresenius Kabi.

We are also thankful to Ego Pharmaceuticals, Physiogel and Haleon for supplying door gifts. Intellect’s clinical psychologist Dr Oliver gave a talk and spoke on a panel regarding mental health and its effects on Psoriasis. We appreciated the support from Staff of National Skin Centre, Dermatology Nurses Chapter, National University Hospital, Intellect, ADES.

Chinese New Year Lunch on 4th Feb 2023

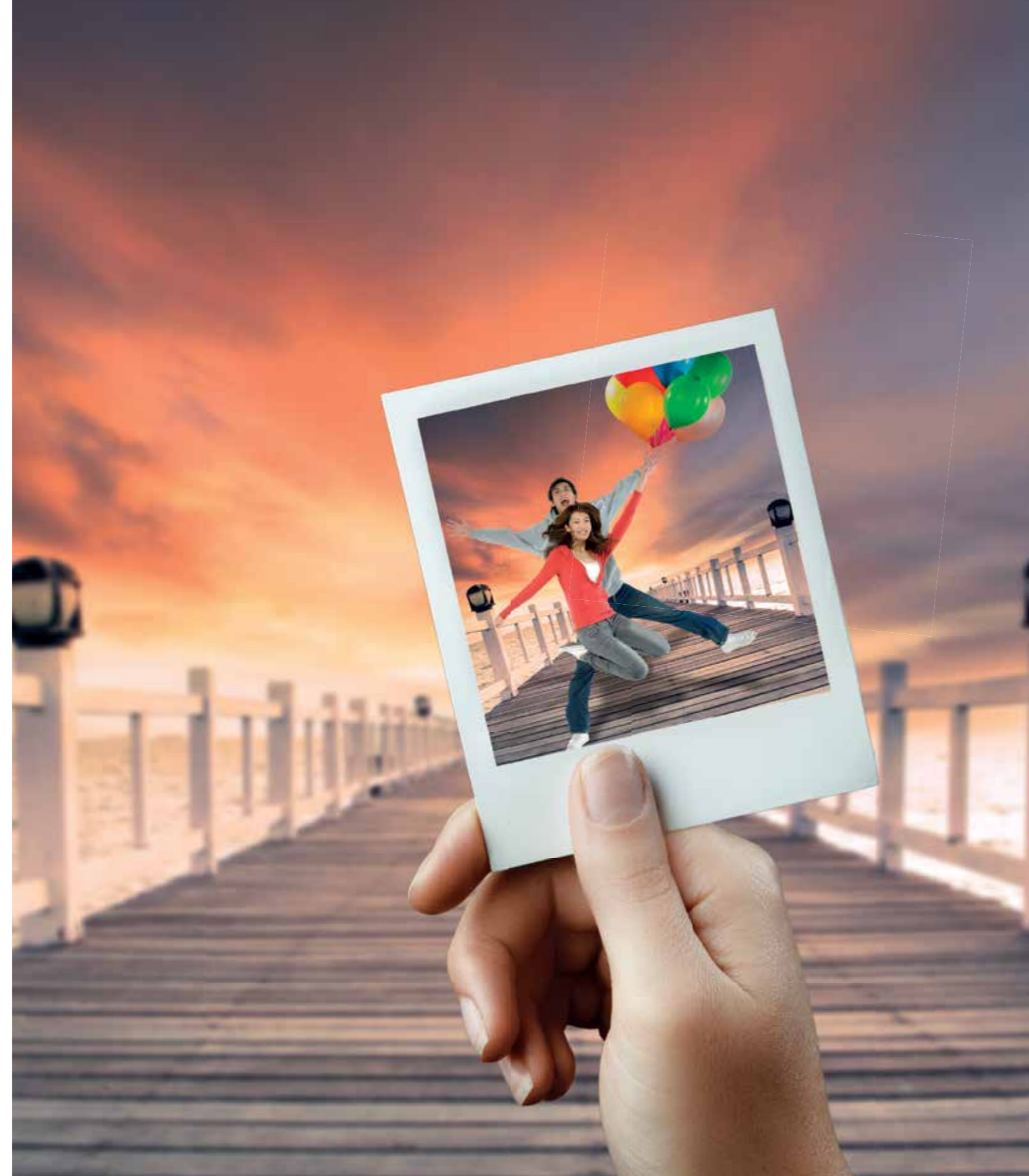
We started the year with CNY lunch gathering at the City on a Hill which was sponsored by Novartis. We had a sumptuous lunch followed by patient support group sharing and the giving of Ang Pow to the needy patients.

Needy fund

Every year we disburse fund from donation to the needy patients at National Skin Centre. So far \$4000 will be disbursed to 40 needy members, each of whom was given \$100.

Youth Programme

The committee has identified the youth population as a new segment it wants to reach out to. The committee has attempted to invite youths to join a mental health forum in Dec 2022, but due to poor response, have canned the forum. Subsequently, the committee attempted to invite youths to join a bowling game in end May 2023. Again, due to poor response, we are postponing the event. The committee will continue to seek to reach out to youths, via channels including social media, as well as stakeholders like NSC and schools.



Helping *people* living with psoriasis.



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Dear Members and friends,

On behalf of the Psoriasis Association of Singapore, it is our great pleasure to cordially invite you to participate in the IFPA Forum Asia 2023 in Singapore on 3 July 2023 from 9am to 5pm at PARKROYAL on Kitchener Road, 181 Kitchener Rd, Singapore 208533.

IFPA is the international federation of psoriatic disease associations, founded in 1971, representing over 60 million people with psoriatic disease. The Psoriasis Association of Singapore is a registered member of IFPA. We would collectively advocate for a future where all people living with psoriatic disease enjoy good health and well-being, free from stigma and preventable disability and comorbidities.

The IFPA Forum Asia aims to improve diagnosis, treatment, and management outcomes for people with psoriatic disease. The Forum will engage thought leaders to drive progress on the issues most matter to people with psoriatic disease.

Themes on critical issues that affect diagnosis, treatment and care for people living with the psoriatic disease in the region will steer the discussion, and delegates will be instrumental in creating a roadmap for change to overcome the challenges faced by people living with the psoriatic disease in Asia.

The forum sessions include guest speakers, panel discussions, presentations, and interactive workshops. The Forum will bring together stakeholders from across different sectors. At the centre of it all, people will share their first-hand experience living with psoriatic disease.

Join us and register now for the limited free seats at the physical event, with lunch provided using the following link: <https://axacoair.se/go?8zMNlxZv>

We are looking forward to your active participation!

See you soon!

God bless,

Colin Theng

The IFPA Forum Asia is a platform to shape
A POLICY ACTION ROADMAP
to address psoriatic disease in Asia
SINGAPORE, JULY 3

Forum Asia Theme

This background document has been produced to provide an overview of one of the four themes that will be explored at the IFPA Forum Asia 2023. The four themes prioritized by IFPA patient association members in Asia are Access to care, Addressing and managing comorbidities, Mental health, and the Social and familial impact of psoriatic disease.

Access to care

People with psoriatic disease should have access to comprehensive, individually adapted treatment, including professional medical care. Yet, this is not always the case, and several causes can be at fault. A person may not get the treatment and care they deserve in good time because there may be an issue with how the health care system is set up, the policies in place or because personal factors such as stigma or shame prevent them from seeking care.

Addressing and managing comorbidities

Optimal treatment of psoriatic disease and its comorbidities requires shifting to a people-centered, multidisciplinary, and integrated health services model. Person-centered care is essential to improve the quality of life for people living with psoriatic disease.

Mental health

Mental health plays a crucial role in managing psoriatic disease, as individuals with this condition may encounter emotional challenges such as anxiety, depression, feelings of embarrassment or shame, and even thoughts or attempts of suicide. The mental health burden can be just as intense as the physical symptoms experienced by these individuals. Moreover, psychological stress can worsen psoriatic disease, while patients with depression may struggle to adhere to treatment plans, perpetuating this vicious cycle.

Social and familial impact

Psoriatic disease can significantly impact the social and familial life of people living with the condition in Asia. The visible nature of the disease and its social stigma can lead to embarrassment and social isolation, which can negatively impact person's quality of life. People with psoriatic disease may also face discrimination and limited opportunities in education and employment due to the visible nature of the condition.

IFPA Forum spearheads a roadmap to tackle psoriatic disease in Asia

The Forum unites stakeholders from across the psoriatic community to promote regional action. In 2023, we focus on Asia. The Forum engages psoriatic associations, the thought leaders, and people living with psoriatic disease in genuine collaboration.

Join us for inspiring talks, bold presentations and interactive workshops. Participants are invited to join us in Singapore on Monday, July 3. It will also be possible to participate online.

The Forum is about the people living with psoriatic disease and what it takes to address their needs. Participants join forces to:

- Establish consensus around the unmet needs of people living with psoriatic disease
- Spearhead a roadmap for action on how to implement the recommendations of the WHO 2016 Global Report on Psoriasis
- Demand inclusion of the patient perspective when developing policy, research, and other solutions
- Fuel knowledge sharing across countries and stakeholder groups
- Strengthen networks across countries and stakeholder groups

The Briefing Book and Theme Briefs

The briefing book and theme briefs are intended to prepare you for fruitful discussions about policy actions that can be taken across the four priority areas: access to care, addressing and managing comorbidities, mental health, and the social and familial impact of psoriatic disease.



A special thank you to the Editorial Board and their organizations for contributing to the development of this briefing book.



PAUL MENDOZA
Psoriasis Asia Pacific



DR COLIN THENG
Psoriasis Association of Singapore



MASANORI OKUSE
Japan Psoriasis Association



XINGXIANG SHI
Mutual Assistance of Psoriasis Patients, China



CHRISTINA LECHTER
AbbVie Pharmaceuticals

AGM Notice of Agenda by

psoriasis
association of Singapore

AGM 2023

Celebrating 41st Year Anniversary

City On A Hill
9 King Albert Park, #B1-01 KAP Mall, Singapore 598332

SATURDAY | JUL 29 | 12:30 PM

Reservation of lunch by 22/7/23

Please RSVP by: [9005 8264](tel:90058264) | psoriasissg@gmail.com

12.30 PM Registration and buffet lunch. Halal food can be arranged.	3 PM AGENDA OF 41ST AGM 1. President's report and reading of the 2022/2023 Annual report 2. Confirmation of Minutes of the 40th AGM held on 28th May 2022 3. Presentation and Adoption of the Treasurer report
2 PM Talk on "What's New in Psoriasis"	
2.30 PM Q & A	

Sponsored by: **DKSH** Door Gift by: **ego**