

IFPA Conference in Milan by Mr Edmund Lau



Yet, eight years later, improvements are still required in several crucial areas, including psoriatic disease awareness, support, and equal access to effective treatments. The Resolution on Psoriasis and the World Psoriasis Day 2021 United-Now Act petition were significant milestones for improvements in health and well-being for all Europeans living with psoriatic disease. Therefore, all European counterparts should unite and strive towards a unified goal.

For World Psoriasis Day, IFPA has pushed for the implementation of the WHO recommendations based on the Global Report on Psoriasis in 2016. The United – Now Act petition demands global action on five action points:

1. Change the perception of psoriatic disease
2. Ensure equal access to medicines
3. Stop the stigma associated with psoriasis
4. Advance holistic care
5. Prepare the health workforce



As members of the global psoriatic disease community, we can all take action and sign the petition via the following QR code to ensure our voice is heard at the United Nations High-Level Meeting on Non-Communicable Diseases 2025.

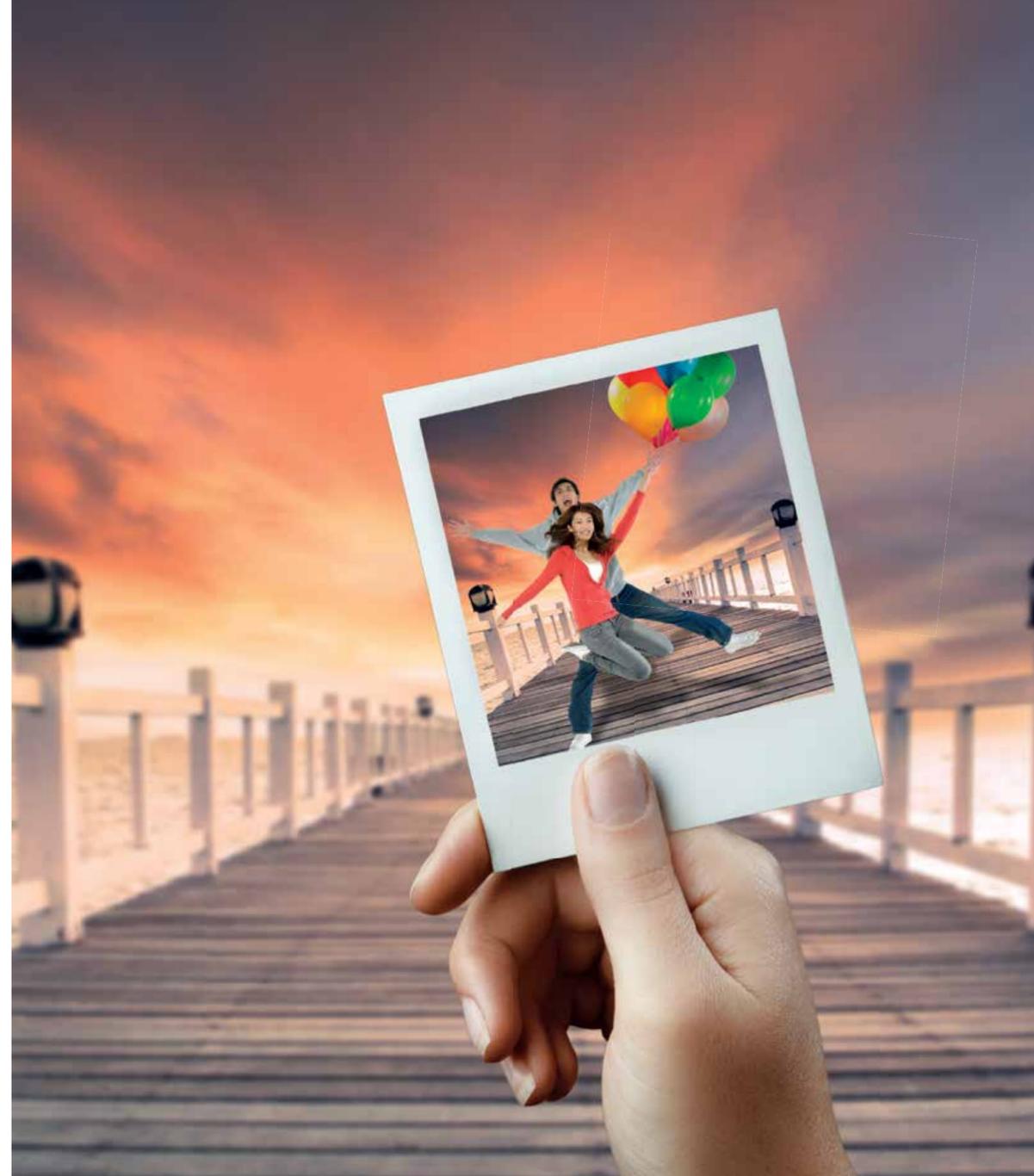
Finally, we have taken a memorable group photo to conclude the two-day successful meeting in Milan with all international IFPA members.



We look forward to our next international IFPA meeting in July 2023 in Singapore!

Edmund Lau (劳栳豪)
Member of the Psoriasis Association of Singapore
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#WorldPsoriasisDay #mentalhealth
#PsoriasisAssociationofSingapore
#staypositive #psoriasisawareness



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President's Message Feb 2023

Wishing all a Happy New Year! It is always a joyous time to welcome the new year again and indulge in the festivities. This year, with the easing of pandemic measures, we were able to gather with friends and family again to celebrate the new year and I must say that it was really nice catching up with my friends and relatives, some of whom I have not met for a long time since the pandemic. Virtual events were great during the pandemic, but it cannot replace the warmth of physical events.

With things back to normal this year, we will be planning physical events again and it will be great if you could join us for the events. We started the year with a CNY lunch gathering at City on a Hill. We had a sumptuous lunch followed by patient support group sharing and the giving of Ang Pow to the needy patients from the Needy Fund. The event was well attended, and everyone enjoyed the interaction and sharing a lot.

We will be planning more talks and support group meetings so do look out for them. We need your support to make the events more interactive and vibrant so do try to join us.

We are also hoping to engage more youths to join our events and hoping to establish a youth group to cater to their needs. We are planning have a support group meeting catered for youths to help them cope with stress of living with psoriasis. So to all youths out there, do contact us to indicate your interest in joining our events and we will be very glad to welcome you!

Stay safe everyone and hope to see you at our association's events.

Colin Theng

God bless,



World Psoriasis Day 2022 by Mr Edmund Lau

It was such a bright shiny day on 5th November 2022! The Psoriasis Association of Singapore (PAS) successfully organized yet another significant event of the year with about 500 attendees actively participating in the various programmes and activities from 1pm to 5pm at the beautiful Oasis Terrace in Punggol Drive!

The theme of 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. What a fantastic effort by the many volunteers, speakers, patient panellists, stage performers and sponsors!

The event commenced with a talk in Mandarin on Psoriasis by Dr Koh Hong Yi, an advisor to PAS and a renowned dermatologist in Singapore. The audience was very attentive and gained much knowledge on psoriasis and the available treatments.



After the talk, the audience was entertained with a musical performance by Dr Ellie Choi and Dr Joel Yee. The talented doctors played enchanting musical pieces that blended so well with the whole atmosphere. The crowd were indeed impressed with the performance.

The following event was a panel discussion by psoriasis patients who shared stories about their struggles with psoriasis. They narrated personal experiences and their treatment journeys either at the National Skin Centre or other treatment centres or clinics.

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After the patient panel sharing, Dr Oliver Suendermann, a clinical psychologist from Intellect, gave a talk on the importance of mental health. Understanding mental health disorders and maintaining a positive mental state is critical for restoring constructive behaviours, emotions, and thoughts. Focusing on mental health can boost productivity, improve our self-image, and strengthen our relationships.

After the talk, the participants engaged themselves with the various booths set up by sponsors and volunteers. More than 100 individuals visited the health screening booth and completed a survey on mental health. The crowd was also treated to free ice creams, tidbits, balloon sculpting and games in the various booths. In the hall were digital standing animated billboards that provided information about psoriasis. We were fortunate to have help from five medical students from Duke-NUS Medical School who helped to mingle with the audience.

The crowd was also entertained to a demonstration of Taiji which purports to help relax both the body and mind. It was then followed by a talk in English on psoriasis updates by Dr Colin Theng, President of the PAS and a renowned dermatologist. Dr Theng spoke about the causes and different presentations of psoriasis, and the effective treatment of biologics given by injection. After the talk, there were active discussions with the audience both about the condition and the treatments available

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It was Quiz time after the talk! The audience had fun answering the questions. Those with all correct answers were awarded a prize! “Psoriasis is not a contagious disease” was the key takeaway message.

The grand finale of the day was the lucky draw. Everyone was so attentive, and all eyes were on the prizes displayed on the stage.

It was an eventful World Psoriasis Day 2022 for all of us to remember. Many photographs and videos were taken at the event. Here’s one group photo of the executive committee members of the PAS. Thank you for the hard work!

We are grateful to the following organisations and sponsors for their support:

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Cheers to World Psoriasis Day 2022!

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IFPA Conference in Milan by Mr Edmund Lau

I was privileged to have attended the IFPA conference from the 4th to the 5th of September 2022 in Milan on behalf of the Psoriasis Association of Singapore (PAS). On the first day of the conference, IFPA conducted a General Assembly to elect the Board members for the next term. The following were voted in:

1. Dr Hoseah Waweru from Kenya
2. Helen Crawford from Canada
3. Ingvar Ingvarsson from Iceland
4. Josef De Guzman from Philippines
5. Kathleen Gallant from the USA
6. Masanori Okuse from Japan
7. Silvia Fernandez Barrio from Argentina

IFPA had developed a strategy from 2021 to 2030 with five strategic goals to guide progress toward a future in which all people with psoriatic disease can enjoy good health and well-being. The interdependent goals are of equal value and will mutually reinforce one another.



Some international IFPA members were chosen to share 5-minute presentations about the activities and events that they have organised for their members in their respective countries in 2022. To engage their members, they have organised exciting events like conducting weekly podcasts, publishing periodic articles and managing related talks and projects on psoriatic disease, among others. I was amazed by the enthusiasm of many international IFPA members. I am delighted to know that Singapore is very fortunate to have access to different biologics treatments as not all countries have access to it. The theme for the forum on the second day is “Speaking up for psoriatic disease in Europe”. The forum was packed with thought-provoking presentations and interactive workshops.

In 2014, all 194 World Health Organization (WHO) member states voted unanimously to approve the World Health Assembly Resolution on Psoriasis (WHA67.9). In doing so, they acknowledged that psoriatic disease is a serious noncommunicable disease (NCD) and pledged to increase their efforts to combat the stigma and unnecessary exclusions that psoriatic disease sufferers face.