

Report of the AGM of The Psoriasis Association of Singapore (PAS) 2021

by Valerie Poh (Assistant Secretary)

The 39th Annual General Meeting was held virtually on 22nd May 2021(Saturday) at 3.30pm
A “Mindfulness for Self-Care “workshop by A/Prof Angie Chew preceded the AGM.

Treasurer’s Report

Yoke Choo reported that there was a decrease in subscription. She added that members could use “Pay Now” UEN S82550050HPAS to pay their annual subscription.

PAS has been given an education grant of \$10,000 by Fresenius-Kabi Pte Ltd.

The bank account figures are positive.

More has been paid out for the Needy Fund due to Covid 19.

Edmund Lau asked if PAS would help those financials’ need for treatment.

The cases are referred to Medical social workers in the government institution.

PAS may see this on a case-by-case basis, but so far no one has applied.

Election of Office bearers

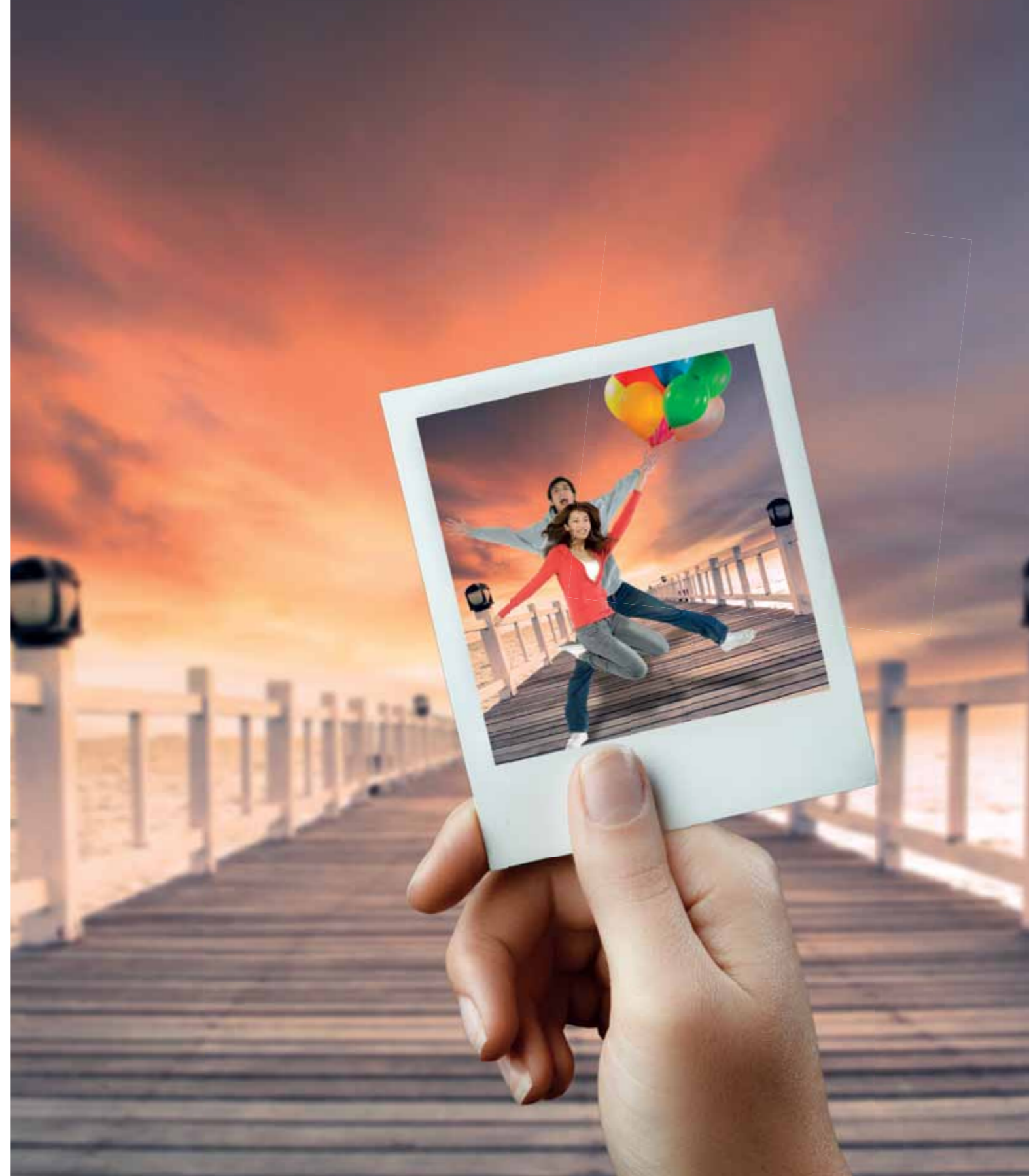
The following is the new Committee for 2021-2022

	Name	Proposed	Seconded
President	Dr. Colin Theng	Colin Binns	Michael Pang
Vice President	Colin Binns	Dr. Theng	Valerie Poh
Treasurer	Tan Yoke Choo	Edmund	Franky
Secretary	Kong Kim Yoke	Yoke Choo	Colin Theng
Assistant Secretary	Valerie	Yoke Choo	Colin Binns
Committee Members	1. Dr. Koh Hong Yi (editor of newsletter) 2. Franky (help with website) 3. Benjamin Goh 4. Goh Ah May 5. Siti Fatimah 6. Edmund Lau 7. Michael Pang 8. Cassandra		
Auditors	Dr. Gary Ng Dr. Hazel Oon		

There is a grant by Johnson and Johnson to create psoriasis awareness on the website, Franky will be supporting this project.

Upcoming events

A public forum is scheduled for 12th June.
World Psoriasis Day will be on Webinar.



Helping people living with psoriasis.



LEO Pharma Asia Pte Ltd
5 Temasek Boulevard #10-02, Suntec Tower Five, Singapore 038985 Tel:+65 68358558 . Fax: +65 68848163
Website: <http://www.leo-pharma.asia>

OFFICE BEARERS (2021/2022)

President
Dr. Colin Theng

Vice President
Mr. Colin Binns

Secretary
Ms. Kong Kim Yoke

Asst Secretary
Ms. Valerie POH

Treasurer
Ms. Tan Yoke Choo

Committee
Dr Koh Hong Yi
Mr Benjamin Goh
Mr Franky Yap
Ms Cassandra Loh
Ms Goh Ah May
Ms Siti Fatimah
Ms Michael Pang
Mr Edmund Lau

Auditors
Mr Gary Ng
Dr. Hazel Onn

Editors
Dr. Tham Siew Nee
Dr. Koh Hong Yi
Ms. Tan Yoke Choo

Medical Consultants
A.Prof. Chong Wei Sheng
Dr. Eugene Tan
Dr. Hazel Oon
Dr. Koh Hong Yi
Dr. Lim Kar Seng
Dr. Pan Jiun Yit
Dr. Tham Siew Nee
Dr. Wong Su Ni
Dr Yew Yik Weng

Contact PAS
Email: psoriasisg@gmail.com
Website: psoriasis.org.sg
Phone: 9005 8264

Payment by PAYNOW'
UEN NOS:S82550050PAS

President’s Message Sep 2021

The World Psoriasis and Psoriatic Arthritis conference 2021, organized by the International Federation of Psoriasis Associations (IFPA), was held from 30 June to 3 July. It was the first time the conference was organized virtually and the event was a huge success. I was privileged to be the organizing Co-chair of the Complementary session, which was organized for patients and allied health professionals. One of the sessions focused on patient support groups where representatives from 3 established psoriasis patient organizations spoke on the role and importance of support groups and I would like to share some learning points from the talks.

Support groups are important as it allows an individual with psoriasis to meet and interact with others with psoriasis. Knowing that there are many other people out there who also have psoriasis and face the same struggles and concerns makes one feel less alone and brings some relief.

In a support group, an individual is able to share his or her experiences freely in a comfortable and non-judgemental environment and this can also be very therapeutic. Learning from one another how to overcome the physical, mental and psychosocial burden of psoriasis helps one develop resilience and coping skills. In one of the patient organizations, there was even a mentoring system where a senior member is paired with a new member so they can teach and guide the new member on how to deal with their psoriasis.

Support groups can also help a person to navigate the psoriasis landscape - where to get appropriate and timely care, education, resources and financial assistance.

As a patient organization, the PAS is committed to supporting psoriasis patients in Singapore. We hope to build a strong community of members to better support each other. If you have psoriasis, do consider joining the association!

God bless,

Colin Theng



Interviewed patient on scalp problem and treatment by Susan

Overcoming scalp psoriasis with a positive outlook and discipline.

Mr Ng Boon Khee, age 64, shares how discipline and a positive outlook help him manage the ups and downs of psoriasis.

When did you develop scalp psoriasis?

Psoriasis first struck in the late 1990s at the peak of my career and I was travelling frequently for work. Initially, there were just a few spots on the back of my head, at the lower back and on the frontal hairline.

In 2017, the psoriasis flared especially on the scalp where it rapidly spread to the whole scalp and down my forehead. In addition, some spots began to appear on the body as well.

How has this condition affected your life?

The psoriasis flare caused a lot of scaling and itching. I had to wash my hair daily with coal tar shampoo and treat with topical medications. I even had to change my hairstyle to grow a 'bang' to cover up the redness on my forehead. In my work as a consultant, I meet a lot of new people and I do not want to scare them off at our first meeting. Many of them may not know much about psoriasis.

What medications have been prescribed for your scalp psoriasis?

Doctors prescribed topical treatments like calcipotriol-betamethasone gel which is quite effective.

Last year, the psoriasis progressed, and new spots developed. The doctors decided to add oral medication. While it seems helpful, I suffered from side effects including hair loss.

Thus, at the beginning of this year, I agreed to change the oral medication to a regime of twice weekly phototherapy sessions. I continued with the topical treatment during all this time.

How do you apply this topical medication?

I usually apply them in the morning when I wake up. I try to maintain a routine and the discipline to comply with the treatment.

I apply the medications myself as I do not wish to burden my family members. I don't find it difficult as the doctors will indicate to me where the spots are on my scalp.

How has this medication helped you with the condition?

With treatment, I have less patches across the scalp now. I also need fewer phototherapy sessions than before.

I take less time to treat and wash the scales off my scalp. My bathing time has reduced from over an hour each day to under 20minutes on alternate days now. My water bill has also decreased! Lastly, the itch is significantly reduced.

What are some features you like about this new topical treatment versus the old ones?

I like the convenience of the once daily application and the fast absorption of the gel. I also like that it is moisturizing and does not sting when you apply it. It washes off easily as well.

Interviewed patient on scalp problem and treatment by Susan

How do you keep yourself motivated & positive?

- When I first had psoriasis in the early 2000s, I was too busy with work and travelling to worry too much. I relied on the prescribed oral medications and topical applications and with a lot of discipline I managed to keep the condition under control.
- However, with the recent relapse, more spots appeared in more obvious locations like the forehead. Although disappointed with this set back, I had to keep telling myself to be patient and persevere, as treatment usually takes at least 4-6 months to see results. Now I am seeing improvements and look forward to even more improvement in my condition!

What advice or encouragement would you offer to new patients suffering from the same condition as you?

- It is most unfortunate that we have psoriasis but it is neither our fault nor it is something we can prevent. Thus, we do not need to feel embarrassed about our condition.
- The most important thing is to work on preventing it from worsening by adhering to the treatments. Patience, discipline and resilience are most important for treatment adherence.
- Together with the medical fraternity, we also need to educate the people around us about psoriasis that it is not contagious. Support from family and friends are very important in helping us through these trying times.



A behind-the-scenes shot of Mr Ng with Gladys Chua, Head of Medical Affairs, LEO Pharma at the interview.

"Mindfulness for Self-Care" Workshop by Contego Team

On the 22nd of May 2021, we attended an insightful workshop led by Adj. A/Prof Angie Chew, on the topic of Mindfulness. Adj. A/Prof Angie Chew is the founder and CEO of Brahm Centre, and also the Straits Times Singaporean of the Year in 2019 for her contributions to mental health. In this workshop, she covered the topic of Mindfulness with a talk followed by a practical mindfulness session. She spoke about how the mind and body are connected, about stress and how it impacts us physically. By sharing her personal experiences, we were able to understand stress and its impacts better and left the session feeling more empowered with dealing with stress.



One key takeaway that we had from the talk was that mindfulness is to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. We also learnt the difference between being mindful and mind "full". Through the exercises that Adj. A/Prof Angie Chew did with us during the session, we really benefitted from it as it helped calm our minds as well as relieved stress.

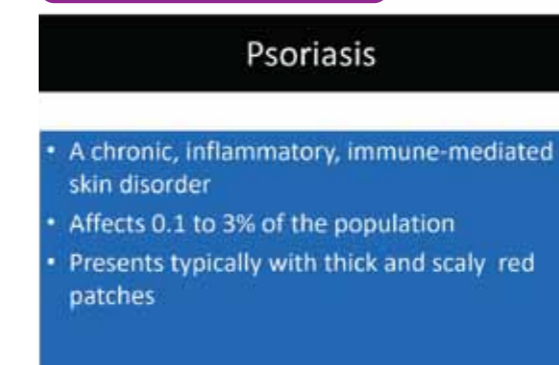
"Recognising Psoriasis" Webinar by Contego Team

On the 12th of June, Project Contego organised the "Recognising Psoriasis" Webinar in collaboration with the Psoriasis Association of Singapore. Project Contego is a new service learning project started by four Secondary four students from Hwa Chong Institution. 'Contego' is Latin for "To shield, to protect or to cover". This particular webinar aimed to raise awareness of psoriasis among members of the public so they may better empathise with psoriasis sufferers. The webinar attracted a total of 50 attendees.

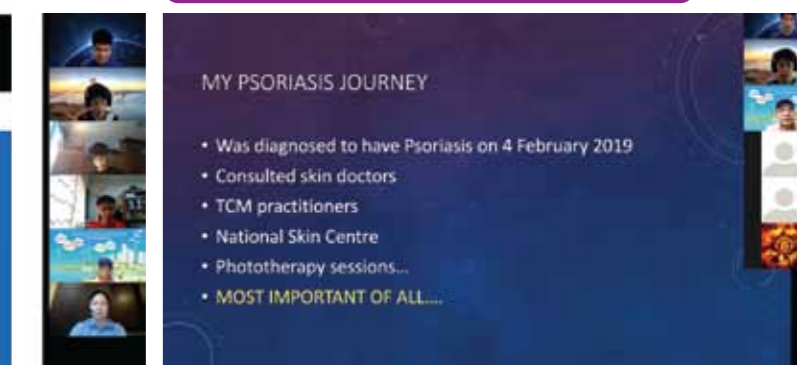
First, Dr Colin Theng, the President of the Psoriasis Association of Singapore, gave an insightful and comprehensive presentation on psoriasis. He spoke about its causes, symptoms and methods of treatment. Participants were definitely intrigued by his talk as they posed numerous questions during the Q&A session. In order for participants to gain a better understanding of what living with psoriasis is like, Mr. Edmund Lau, a psoriasis patient, shared his experiences suffering with the disease. He discussed how he mentally coped and came to terms with his psoriasis. He also talked about the importance of facing life with an optimistic mindset and having a life motto. The webinar ended with an exciting Kahoot quiz based on the contents of the talk. Participants were very engaged by the quiz and clearly learnt a lot from the webinar as many of them answered most of the questions right. The winners of the quiz were rewarded with \$30 dollars' worth of GrabFood vouchers!

Many participants gave feedback that the webinar was informative and enriching as they learnt a lot about psoriasis. Project Contego would like to thank guest speakers Dr Colin Theng and Mr. Edmund Lau, as well as all participants for their active participation. We are grateful to the PAS for helping us in organising the webinar.

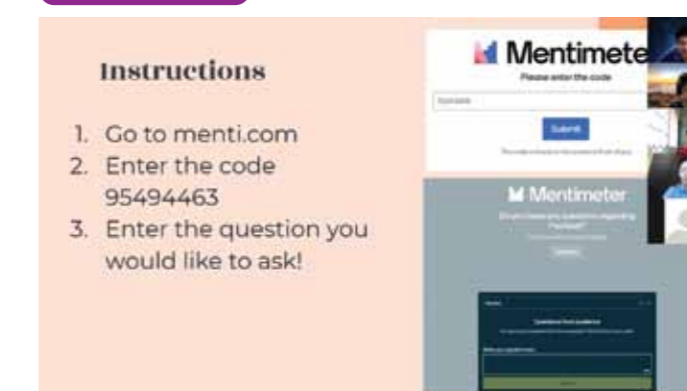
Talk by Dr Colin Theng



Patient Sharing by Mr Edmund Lau



Q&A Session



Kahoot Quiz

