

IFPA Forum Asia 2023

4 July 2023 | Asia Pacific Dermatology | PAG Leaders Roundtable Meeting

Learning from others is undoubtedly one of the most effective ways to gain knowledge. Our forum has proven to be a valuable platform for collective learning, with leaders from Japan, China, Taiwan, Philippines etc.

During the forum, each leaders openly shared best practices tailored to each country's unique reality. Many of these practices were considered excellent examples to emulate, contributing to a rich and insightful learning experience for all involved.

#AbbVie

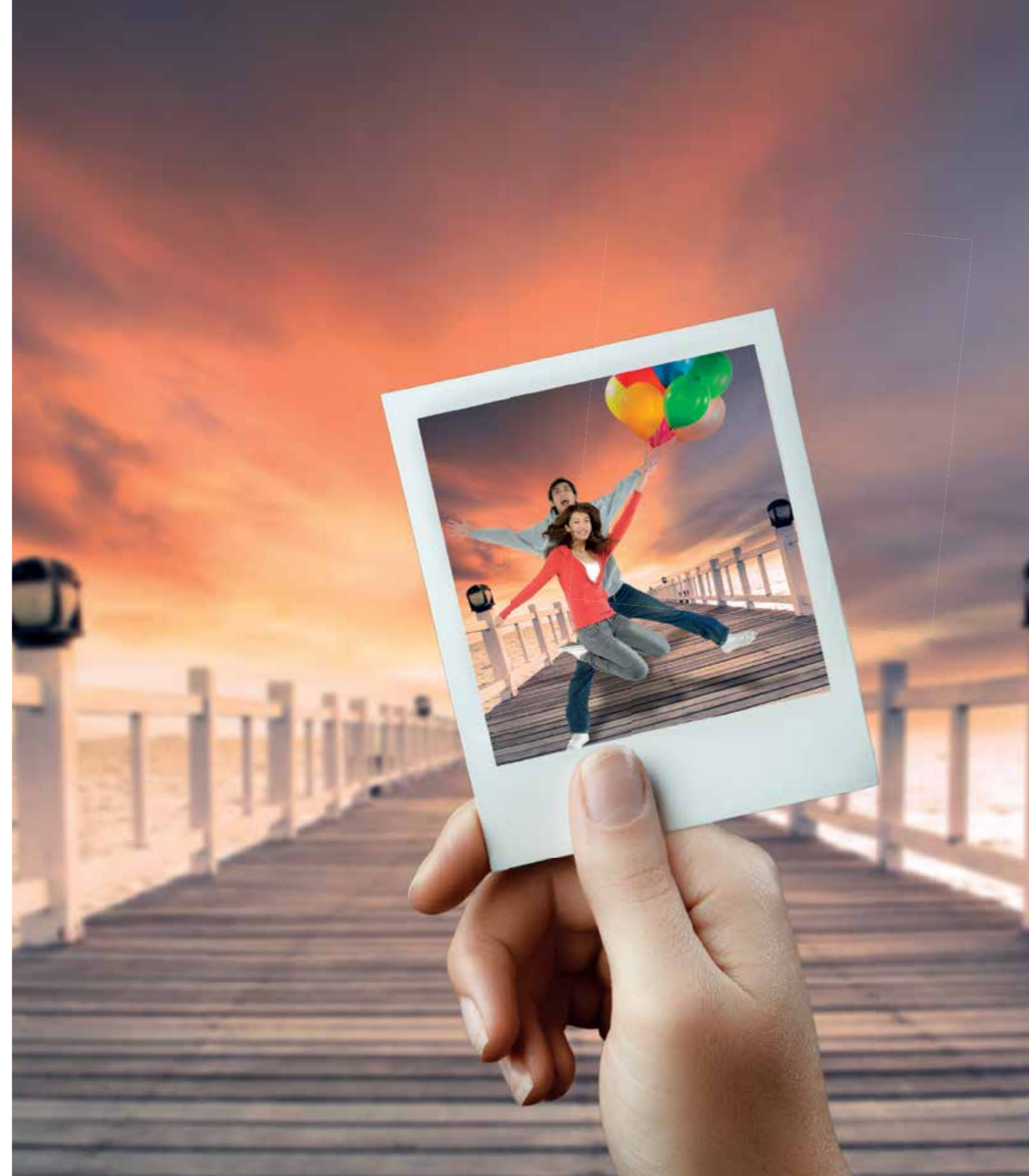
IFPA

Psoriasis Asia + Pacific

Psoriasis Association Of Malaysia

#psoriasisawareness

#psoriaticarthritis



Helping *people* living with psoriasis.



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A PROJECT OF

THE PSORIASIS ASSOCIATION OF SINGAPORE



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President's message

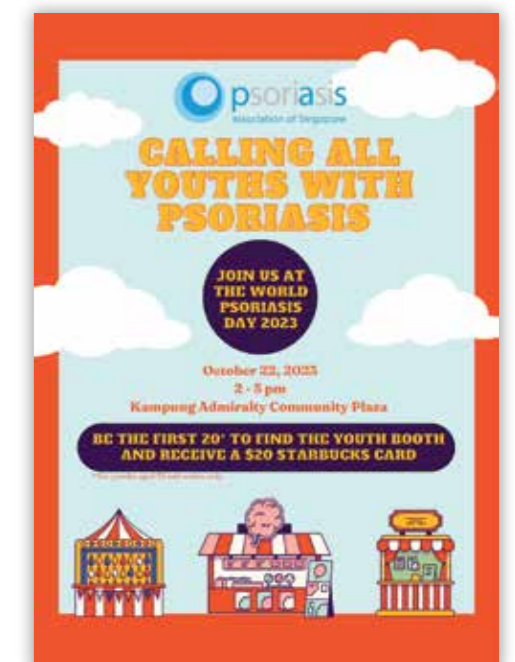
The impact of psoriasis on an individual can vary tremendously. I have met people who are devastated when they have a single small patch of psoriasis, and I have met others who have extensive psoriasis but go about their lives normally with minimal impact on their quality of life. The impact of psoriasis depends a lot on an individual's coping skills. If one's coping skills are good, the disease will have a small impact and likewise if one's coping skills are poor, the disease is likely to have a greater impact on the quality of life.

Strategies to cope include having a positive mindset. Focus on the positives and remove any thoughts that are negative or self-defeating. Talking and educating others about psoriasis, that it is a genetic condition and is non-contagious helps remove the stigma of the disease. People are often much more accepting of psoriasis when they understand it better. Reframing or looking at your situation from a different perspective is also important. Look at the positives and do not focus on the negatives in a situation. Speaking to others about your feelings such as your family and friends can help to share the emotional burden and good social support is an important pillar in coping with psoriasis. Joining a support group like the Psoriasis Association of Singapore can be helpful too. Meeting other members with psoriasis and sharing with one another about one's struggles and learning coping tips is also very helpful. It helps to know that you are not alone in your struggle with psoriasis.

I hope that some of the tips above will help you in your journey with psoriasis. And of course, seek treatment if you have severe psoriasis as there are now highly effective and safe treatments for psoriasis. You can certainly live well with psoriasis!

God bless,

Colin Theng



41st Annual General Meeting by Siti Fatimah



The 41st Annual General Meeting was held at City On A Hill on 29th July 2023 (Saturday) at 3.15pm.

A talk preceded by a sumptuous anniversary lunch sponsored by DKSH. Door gifts from Ego were distributed to attendees.

Dr. Benson Yeo spoke on “What’s New in Psoriasis.” The talk was about the timeline in Psoriasis Treatment over the years.

The president, Dr Colin Theng thanked Dr Benson Yeo for making time to our event out of his busy scheduled.

The AGM event is honored with the present of Dr. T Thirumoorthy. Dr. Thiru was the first to write “Understanding Psoriasis Treatments”. The 1st edition was published in 2013 and the 4th edition was published this year 2023 edited by Dr Koh Hong Yi. This booklet is available for download on our PAS website.

The members agree with Dr. Theng to start the AGM.

Benjamin Goh proposed to start the AGM seconded by Edmund Lau.

The AGM commenced with a ‘welcome address’ by Dr. Colin Theng.

Annual Report

Dr Colin Theng went through the Annual report highlighting the events and activities organized by the Association for the year 2022/2023 to date.

The Treasurer’s Report was generally healthy with a surplus of \$3000 plus

The members went through the report with no questioning.

Tan Yoke Choo proposed the report and seconded by Valerie Poh.

No election of Office bearers for 2 years (2022-2024)

Dr. Theng introduced the office bearers to PAS committee members. (refer to left column of the front page)

Dr Colin Theng talked about awareness of Psoriasis in youth and how to attract youth to join our PAS event. PAS youth team organized a bowling session event in May this year to interact with youth however it didn’t get much exposure and the event was cancelled. Ryan Chua, member of youth team shared on how he and Cassandra Loh tried their best to get more youth to join the committee during the Psoriasis clinic at NSC turned out its difficult to get grasp of them. The youth team are still planning how to attract young people to join our committee.

One of the members, Mr. Bentley Tan, asked about women’s empowerment in PAS. Dr. Theng responded that PAS now focuses on engaging in youth and will consider that for next engagement if there is a demand.

Dr. Theng shared about the theme for World Psoriasis Day 2023 is “Access for All”. The venue will be Kampung Admiralty on 22nd October 2023

The AGM ended at 3.45pm

Recorded by

Siti Fatimah Mohamed Buang

Assistant Treasurer

What’s new in Psoriasis by Valerie Poh



Talk on “What’s new in Psoriasis” by Dr. Benson Yeo on 29th July 2023

As part of the Psoriasis Association of Singapore (PAS)’s 41st Year Anniversary, Dr. Benson was invited to give a talk. His topic was, “What’s new in Psoriasis”.

Here are the highlights of his talk.

- 1. Introduction**
 In the past few decades, management of psoriasis has evolved tremendously. But even with advances, we should not forget that holistic management remains the cornerstone for effective management of psoriasis.
- 2. Advances in the management of psoriasis**
 Psoriasis is not an isolated skin disease but a systemic inflammatory. It may affect the heart, blood vessels and the liver, and is associated with obesity and diabetes.
- 3. Obesity and Psoriasis**
 There is an increased rate of obesity in patients with psoriasis. Patients with severe psoriasis is at greater risk of obesity compared to those with mild psoriasis. It is believed that fat cells secrete pro-inflammatory chemicals that stimulate psoriasis.
- 4. Diabetes and Psoriasis**
 Patients with psoriasis have a higher risk of developing diabetes compared to people without psoriasis. This is especially so if the psoriasis is severe
- 5. Ischemic heart disease and Psoriasis**
 Psoriasis is a risk factor for ischemic heart disease and myocardial infarction (heart attack). The more severe the psoriasis, the greater the risk of myocardial infarction. Younger psoriasis patients have a greater increase in risk of ischemic heart disease compared to older psoriasis patients
- 6. Dr. Benson then showed a time-line on evolution of psoriasis treatment.**
 Biologics became available to treat psoriasis in the early 2000s, and are now most effective therapies for psoriasis. The latest treatment (develop in the last few years) include a class of medicines called the small molecules or JAK/STAT inhibitors
- 7. Biologics are a class of drugs produced using a living system such as mammalian cell lines.**
 Most biologics are monoclonal antibodies which target specific pro-inflammatory. Chemicals in the human body which lead to development of psoriasis. Newer biologics are safer and more effective medications compared to older Conventional anti-psoriatic medicines and to older biologics
- 8. Dr. Benson elaborated on the JAK/STAT inhibitors and their effectiveness in treating psoriasis**
- 9. Can treatment for psoriasis change the course of the disease?**
 Dr. Benson said that at early treatment can significantly improve long-term outcomes in psoriatic disease activity.
- 10. Finally, Dr. Benson concluded that small molecule drugs offer a viable oral alternative to biologics (which are all given by injections) in term of safety and efficacy.** There may be paradigm shift in psoriasis management in the coming years if it can be proven that early intensive treatment can modify long term disease outcomes.

IFPA Forum Asia 2023

03 July 2023 | Psoriasis Asia + Pacific collaborated with IFPA Forum Asia 2023

Topic Covered :-

- Access to Care
- Managing Comorbidities
- Mental Health
- Social Familial Impact of psoriatic disease.

The event featured distinguished speakers, including as the Keynote Speaker Dr. Rabindra Abeyasinghe from WHO & Rep. Ray Reyes, who provided valuable insights on #UHC and advocating for national health policies.

Notable doctors - Dr. Colin Theng , Dr. Hazel Oon, Dr. Chung Yang Yen, Kim Sungki and Yi Li addressed & managed comorbidities effectively.

Thank you for the opportunity- sharing personal experiences and discussions on Mental Health -Providing a meaningful platform for dialogue - sharing the stage with moderator- Elisa Martini , Panel - Dr. Azura Mohd Affandi & Chiara Lionel Salim.

Masanori Okuse and Jannarie Zarzoso emphasized on the social & familial aspects of psoriatic disease, particularly focusing on youths and caregivers.

The success of this event was attributed to the collaborative efforts of IFPA Board, IFPA Secretariat, and Psoriasis Asia + Pacific leaders. It was indeed a remarkable and impactful event.

#psoriasiscommunity #mentalhealthmatters #psoriaticarthritis #UniversalHealthCoverage #psoriasiswarrior

