

Asia Pacific Immune Mediated Inflammatory Diseases (IMID) Summit

by Jerome Yong, PAS Committee



At the beginning of this summit, I felt as if a "raw wound" has been opened. By the end of the summit and after sharing doubts, uncertainty about psoriasis and discussions about the treatments with the other delegates, it was a relief to get rid of any negative feelings and replace it with self- appreciation and understanding. It was a great eye-opening experience for me and I realized that I am not the only one with similar sufferings but there are others who can share your woes and inner pain. Indeed, we received a lot of moral support to guide us through.

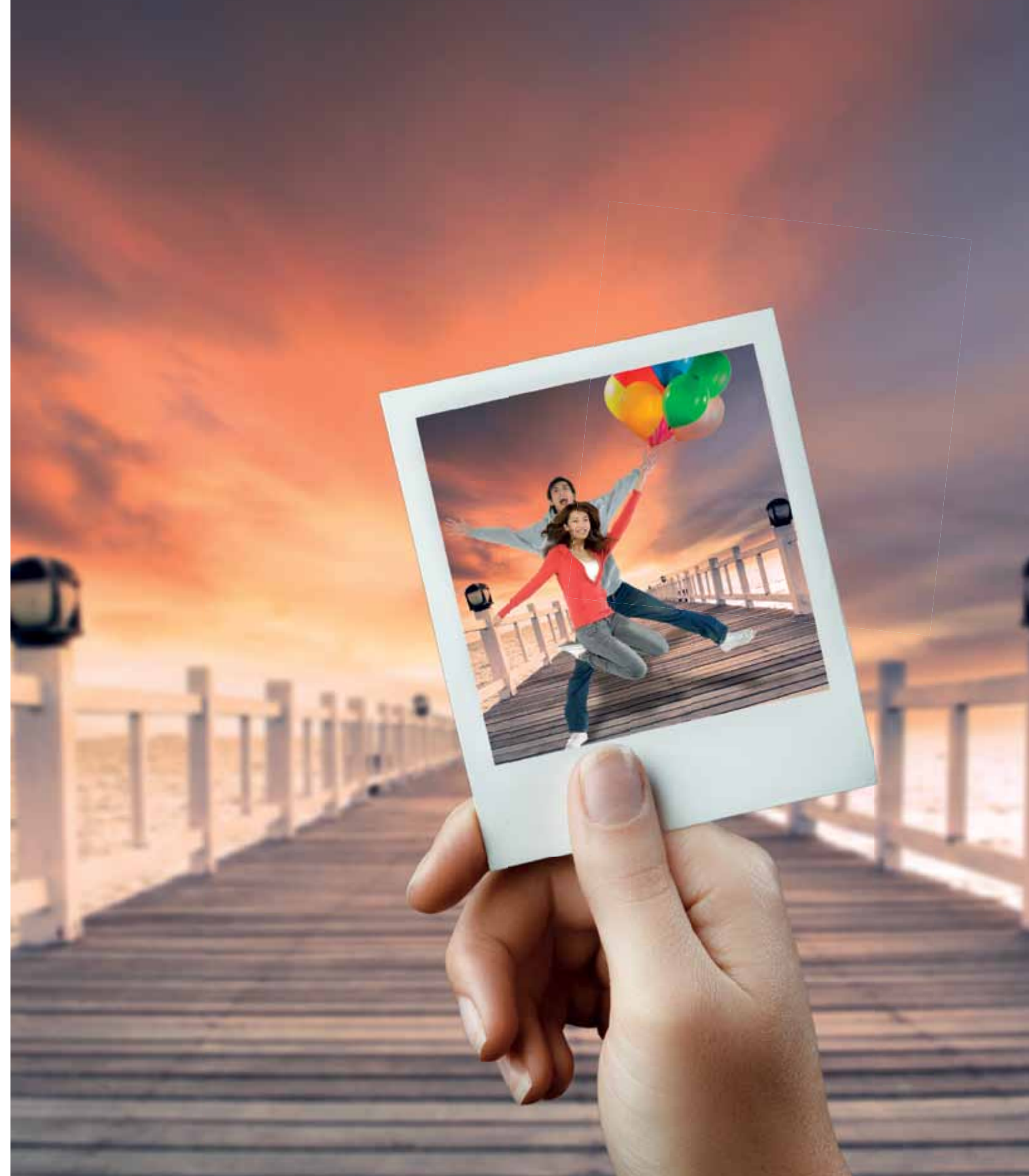
From this summit I learned how to reach out to patients who hide themselves to avoid the world and to reach out to them with compassion.

I was privileged to represent the Psoriasis Association of Singapore at the Asia Pacific Immune Mediated Inflammatory Diseases (IMID) Summit 2015 which took place at the Royal Pacific Hotel & Towers, Hong Kong from 29th to 30th August 2015.

This summit serves to facilitate international networking and knowledge exchange among patient organizations in the field of chronic inflammatory diseases. There were delegates from the different patient organizations of IMID viz., Crohn's disease, ulcerative colitis, psoriasis, psoriatic arthritis, rheumatoid arthritis, juvenile arthritis, and ankylosing spondylitis.

The purpose of this Summit, held over two days of lectures and workshops, are:

1. To have an in-depth discussion on the patients' different needs, how to address these needs, and to improve engagement and therapy adherence.
2. To enable patient organization leaders to enhance the patients' disease management experience and their health outcome.
3. To share the best practices in various areas to support you as a patient organization leader in demonstrating better guidance and leadership to members.



Helping people living with psoriasis.

OFFICE BEARERS (2015/16)

President
Dr. Colin Theng

Vice President
Mr. Wong Foot Keng

Secretary
Ms. Valerie Poh

Asst Secretary
Ms. Yanee

Treasurer
Ms. Kong Kim Yoke

Committee
Dr. Koh Hong Yi
Mr. Benjamin Goh
Ms. Tan Yoke Choo
Ms. Alice Sin
Mr. Jerome Yong
Ms. Janice Tay
Ms. Fu Pei Yi
Ms. Yvonne Chan

Auditors
Mr. Gary Ng
Ms. Tracy Loh

Editors
Dr. Tham Siew Nee
Ms. Tan Yoke Choo

Medical Consultants
Dr. Chong Wei Sheng
Dr. Cheong Wai Kwong
Dr. Eugene Tan
Dr. Hazel Oon
Dr. Heng Yee Kiat
Dr. Lim Kar Seng
Dr. Pan Jiun Yit
Dr. Tham Siew Nee
Dr. Thirumoorthy
Dr. Wong Su Ni

Contact PAS
Email: psoriasis@gmail.com
Website: psoriasis.org.sg
Phone: 9005 8264(Jerome)

President's Message

Support groups have always played a very important role in helping individuals cope with their problems or illnesses. How and why do support groups work? A support group is a gathering of individuals with a common disorder, who meet regularly to share their ideas and experiences and through this, help to provide one another with emotional support. One of the most important benefits gained in joining a support group is that you no longer feel alone or isolated as you are in the company of many others who are just like yourself. This often gives one a huge sense of relief. Through meeting others who have the same ailment and who have undergone the same hurts and frustrations, you will be able to relate to one another better and gain new insights into ways of coping with your condition. Often, people discover new solutions to their problems just by listening to the experiences of others. It also helps to develop inter-personal skills.

This year, our association is hoping to develop the psoriasis support group. We believe that there are many people out there who can benefit from joining our support group. We have able volunteers who are committed to the support group and I do believe that you will be encouraged and forge new friendships when you attend the regular meetings. I strongly encourage you to join the association and the support group activities. Hopefully, you will benefit from this, or you may even be a pillar of support to those around you.

Take care and God bless.

Colin Theng

ATTENTION

PAS ANNUAL GENERAL MEETING

Find out on our Patient Support Group and the usage of smartphones.
Get inspired to get together and be comfortable in the community!!
Reserve your seat through
psoriasis@gmail.com or 9005 8264 today!

Programme Highlights:
11.30 – 12.00 pm Registration
12.00 – 12.30 pm Patient Support Group introduction
12.30 – 1.00 pm Smartphone usage in daily life
1.00 – 1.30 pm AGM report and election
1.30 – 2.30 pm Lunch (Halal)

All participants will receive door gifts provided by EGO

COME & JOIN US!

Date: 28th May 2016, Saturday
Time: 11.30am - 2.00pm
Venue: National Skin Centre, Level 5, Auditorium

Focus Group 3

Date: 20th August
Talk on Resilience

World Psoriasis Day

Date: 23rd October
Celebration with Family

Focus Group 4

Date: 3rd December
Healthier Food Alternatives

“Loh Hei” Lunch at M Hotel 20th February 2016 by Valerie Poh, PAS Secretary



LEO PHARMA kindly sponsored a Lunar New Year lunch for PAS members on 20th February 2016. The event was held at M Hotel. As seats were limited, invitations were limited to members of the PAS Committee, 10 needy members of PAS, 12 members who have been actively assisting in PAS events/activities and 8 members from the Facebook support group.

Dr. Colin Theng, our president gave a welcome speech and explained the origin of the Needy fund. It started from donations made by a member, Michelle, who donated her birthday angpows to PAS. This year 20 angpows were presented to our needy members. The recipients expressed their appreciation and gratitude to the Association.

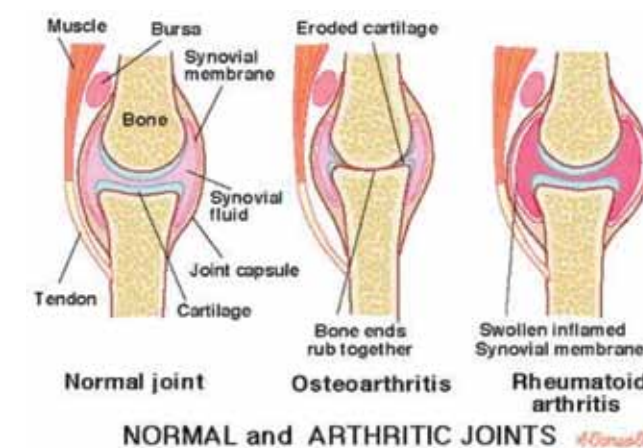
The lunch started with a “loh hei” dish, with members loudly shouting “Huat Ah!” as they tossed the contents of the dish. It was a happy occasion as new and old members interacted and got to know one another.

PAS would like to welcome all new members and look forward to their support and active participation.

Finally, a big thank you to all our “regulars” for your support.



“Differences between Psoriatic Arthritis (PsA) and Arthritis” and “Doing it right for your joints” by Fu Pei Yi, PAS Committee Member



On 12 March 2016, PAS held an educational talk on “Differences between Psoriatic Arthritis (PsA) and Arthritis” and “Doing it right for your joints”. The talk was held at National Skin Centre.

Dr Sangeetha Basker from Khoo Teck Puat Hospital started with an introduction of what is arthritis and the different types of arthritis. Arthritis is an inflammation of the joints. The symptoms are mainly joint pain and stiffness in the morning (usually for > 30mins). It may cause reduced range of joint movement, swelling or pain in the joints or back pain.

To differentiate between PsA and other arthritis, the doctor will look for psoriasis patches or nail psoriasis as these are characteristics that are absent in other arthritis. Dactylitis (or “Sausage Digits”) refers to inflammation of an entire finger or toe. It is another characteristic of PsA. Dr Sangeeta also spoke on the available treatments for arthritis.

The next speaker, Mr James Fu, a senior physiotherapist from Rehabilitation Department of National University Hospital, spoke about stretching exercises that can help us release the tensions at the joints. He made us understand the important of posture while we are doing exercises, e.g. while doing a simple exercise like brisk walking, a wrong landing movement may end up hurting our joints. He emphasized that we should not do exercises that will stress our joint. Doing more does not mean that it is better for our joints/muscle. An adequate amount of rest is needed between exercises. Mr. Fu gave a demonstration on some light exercises and stretching that we can all do at home or at work. The talks were very informative.

After the fun and interesting exercise activity, the session was ended with a buffet lunch sponsored by Abbvie and door gift by Ego.