

## Mindfulness and Psoriasis by River Valley High School :Keefe & Ziyu

We attended a talk on 28th July 2018, on, of the Psoriasis Association, titled "Mindfulness and Psoriasis" at the National Skin Centre by A/Professor Giam Yoke Chin and sharing by Dr Katarie

It was to share with the psoriasis patients on how Mindfulness could play a big role in their life. It emphasised on happiness and positivity and how to live life as best they could.

Mindfulness is the way to Happiness, is defined as being aware of the present moment, and being non-judgemental about anything happening.

One of our relevant takeaways was the lesson on the "Mindfulness Tree", which carries the fruits of virtues that one can develop consistently in our life. These attitudes include Compassion, Loving Kindness, Acceptance, Letting Go, Non-judgemental, Patience, Gratitude, Wisdom. Though compassion and loving kindness are very important, we like the following.

"Acceptance" in psychology is equivalent to that of a person accepting the reality of a situation, (often negative / uncomfortable situation) without attempting to resist it. By accepting eg one another, we learn to not discriminate them despite their weaknesses and accept them in our society. This is especially important for psoriasis patients as they need support and encouragement from the rest of the society.

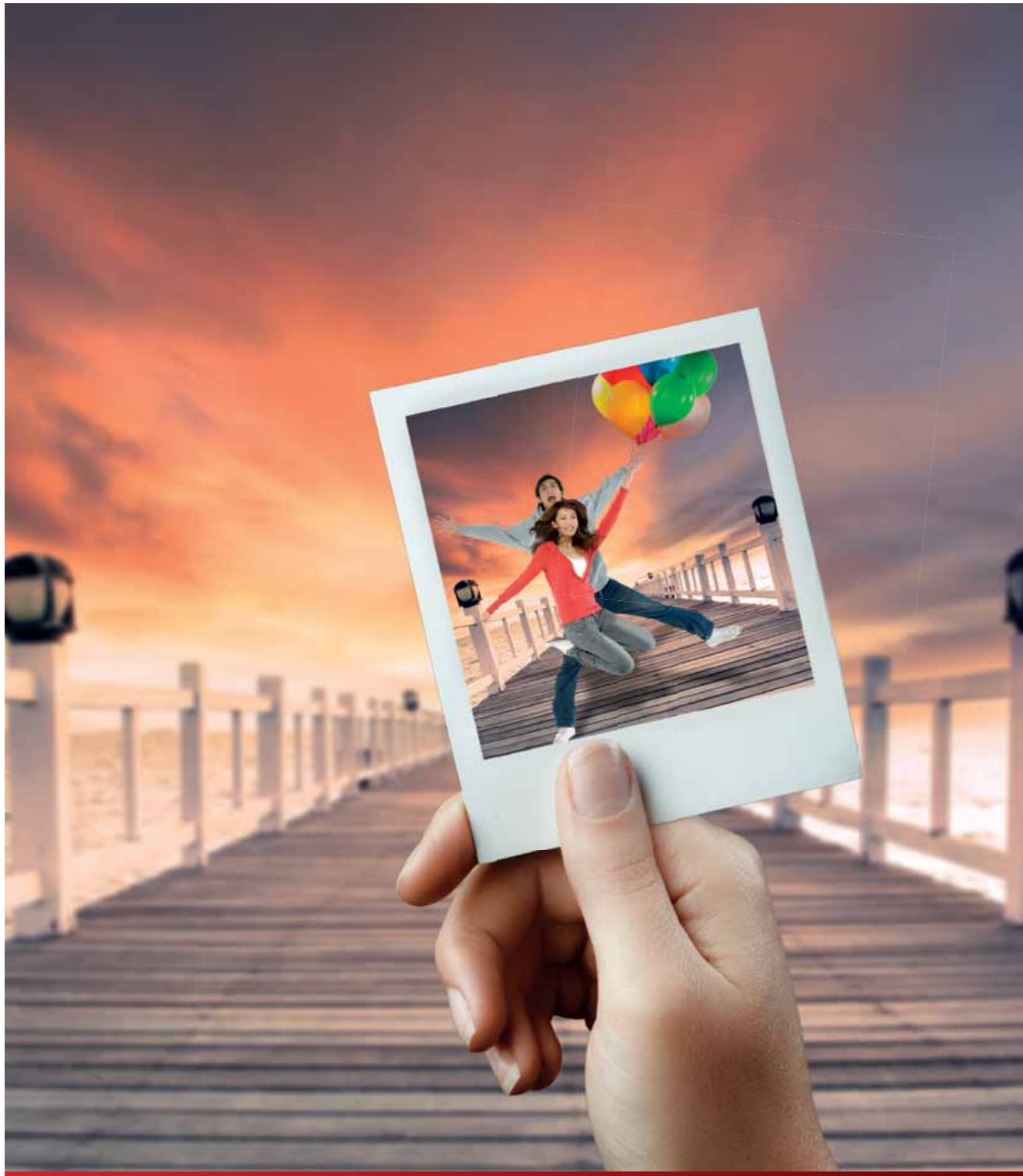
"Letting Go" implies freeing oneself from unpleasant memories and thoughts, unhealthy habits and desires. We need to stop ruminating on the past or worrying about the future. In the talk, Prof Giam gave an analogy that holding on to any negative emotion-eg anger, is like "Holding on to an anchor and jumping into the sea. If you don't let it go, you will drown." As you get rid your emotional baggage, you will feel freer and happier. Release all the bad memories that we have, and we will be able to lead a more positive and happy life.

"Patience" is the ability to endure difficult circumstances, and persevere in the face of delay; and tolerate provocation without responding in annoyance, when under pressure, especially when faced with longer-term difficulties. In the talk, we learnt a lot about how being patient, can increase one's mental wellbeing. It is the act of being patient with others, that makes people happier. With her many life examples, we were able to understand how being patient with one another could make each other feel better. Life is a long journey, that we travel.

"Gratitude" is a feeling of appreciation felt by and/or similar positive help ( called compassion and loving kindness) shown by the recipient unconditionally. Gratitude creates a positive happy environment. In the many examples given, we were able to understand that gratitude leads to happiness.

Lastly, Dr Katarie shared about his life experience as both a Psoriasis patient and doctor during his talk. As he has gone through similar experiences as other patients present at the sharing, he is able to empathize and understand the feelings and needs of the patients and provide useful advice for them. He shared some health tips on how he took care of himself, such as cutting down on alcohol consumption, sleeping early every night, and these good practices helped to suppress his Psoriasis condition. The talk has several learning points for both the patients and us, students who are working on a project, as we learn to understand and know more about the needs of Psoriasis patients, thus are able to think of ideas that can better provide social support for these patients.

In conclusion, we enjoyed the talk thoroughly and gained a deeper insight on being mindful as well as finding ways to improve our psychological wellbeing. We hope to take part in future events to support Psoriasis Association of Singapore as well as the Psoriasis patients.



Helping *people* living with psoriasis.



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### President's Message

Recently, I attended the 5th World Psoriasis and Psoriatic Conference in Sweden. It was a great meeting where the world experts in psoriasis shared the latest developments and treatments for psoriasis. There are many new treatments now for psoriasis which are safe and effective and many more new treatments in the pipeline for psoriasis and the future does certainly look brighter for psoriasis patients!

There was a symposium where speakers from around the world shared about the treatment and challenges of managing psoriasis in their countries. I was privileged to be invited to speak on the treatment of psoriasis in the Asia Pacific, sharing our treatment practices from the region.

What struck me was that while there were differences in the access to care in the different regions and some regional differences in the delivery of care, there was a common thread of trying to improve patient adherence and education in all the countries.

One of the reasons for treatment failure is that patients do not use the drugs as prescribed. There are many reasons for this such as inconvenience, lack of perceived efficacy, cost of the drugs, fear of side effects and lack of knowledge on how to use the drugs. Often poor explanations on the use of the prescribed medications and lack of patient education during the short clinic consultation contributes to this. Many clinics are now trying to improve on doctor-patient communication and introduce nurse counselling to help improve on patient adherence to treatments.

For those with psoriasis, do try your best to adhere to the treatments prescribed. If there are any concerns or queries on the treatment, do ask your doctor who is there to address your concerns. Being open with your doctor about your adherence to treatment will also prevent unnecessary escalation of treatments.

God bless

*Colin Theng*



[www.psorinfo.com](http://www.psorinfo.com)  
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## Report of the AGM Of The Psoriasis Association of Singapore 2018

by JKong Kim Yoke

The 36th Annual General Meeting was held on 26th May 2016 (Saturday)

Prior to the AGM, the members had photographs taken after their great makeover by the beauticians and hairstylists. All the members were very happy with their beautiful faces and hairstyles.

The members also enjoyed the buffet lunch which was sponsored by LEO Pharma.

The president, Dr. Colin Theng welcomed those who were present and the AGM started with Dr. Colin going through the Report of events from April 2017-March 2018 and presented the treasurer report. With no amendments, Mr Benjamin Goh proposed and seconded by Ms Tan Yoke Choo.

Members were also informed that WPD, will be held at Bedok -Town Square on 20th October 2018 and its objective will be reaching out to the public and raising awareness about Psoriasis

He then called for the office bearer for the 2018/2019 to be nominated.

The following is the new Committee for 2018-2019.

	NAME	Proposed	Seconded
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Vice President	Mr. Colin Binns	Wong Foot Keng	Yoke Choo
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Committee Members	1. Dr. Koh Hong Yi 2. Franky Yap 3. David Lee 4. Benjamin Goh 5. Janice Tay 6. Siti Fatimah 7. Tan Yoke Choo 8. Goh Ah May		
Auditors	Mr. Gary Ng Yanee	Benjamin Goh	Yoke Choo

Dr Theng expressed his sincere thanks to the out- going PAS committee member for 2017/2018 for volunteering their precious time to the PAS.

The AGM ended with the distribution of door gifts by courtesy of Ego Pharmaceuticals.



## Looking Great with Psoriasis cum Annual General Meeting held on 26th May 2018 at National Skin Centre Auditorium

by Aris Law

Before the Annual General Meeting this year, a very special event called "Looking Great with Psoriasis" was organized. During this event, members of the Society had the opportunity to be made up and had their hair styled by a volunteer group of beauticians from Toni International college of Aesthetic & physiology led by Christina. After being made up, everyone had the opportunity to be photographed and we were given two free 4R printed photographs. I am glad that I attended this event. It was so pleasant and the event arrangements was fantastic.

I was thrilled and impressed by the makeover done on me. The volunteers were so friendly and made everyone feel so beautiful after the makeover. The photographer was equally very patient and professional. With so much activity going on, I noticed that the event hall was big enough to accommodate the number of people attending.



We also had sharing sessions held in small groups where individuals shared how they cope with psoriasis. As the groups were small and intimate, we got to know each other well. Although this was the first time I attended an event organized by the Psoriasis Association, I felt very much at home as if I was with old friends.

The exciting event was followed by a delicious buffet lunch sponsored by LEO Pharma. I would like to thank the sponsors, nursing sisters from NSC as well as all volunteers who made this event a great success!

I certainly will make an effort to attend more PAS events in future!



## 5th World Psoriasis and Psoriatic Arthritis Conference and IFPA meeting held at Stockholm from 27th Jun to 1st July 2018

by Tan Yoke Choo

This conference was organized by the International Federation of Psoriasis Associations (IFPA) and as such the patient's perspective was in the forefront of the discussions. As all the psoriasis associations were represented, there was truly a global approach allowing discussions across countries and continents.

I represented the Psoriasis of Singapore (PAS) at this conference to update myself on the development in the understanding of psoriasis and the progress in the new treatments. This conference discussed the latest concepts and insights around the many aspects of psoriasis and psoriatic arthritis.



The aims of the conference were to increase global recognition of psoriasis and its severity, to unite psoriasis and psoriatic arthritis (PsA) stakeholders and to strengthen international collaborations. The scientists and the doctors shared the latest scientific and clinical developments and encouraged new research projects.

The scientific program offered in-depth discussions on the pathogenesis of psoriasis and co-morbidities. In the treatment area, a comprehensive discussion on 15 years of experience of biologic therapy was conducted. The "what, when and how" to treat psoriasis and the possibility of using personalized approaches were suggested.

The conference discussed about triggering factors for psoriasis. There were discussions on the possible role of diet in the causation and aggravation of psoriasis. It appears that plant based or gluten-free or Mediterranean diet may help in controlling inflammation associated with psoriasis.

Quality of life issues for psoriasis patients are important. In many cases, the associated itch can be severe and anti-histamines may not help. Anxiety and depression are common and patients are reluctant to discuss about sexual dysfunction. Doctors should be alert and be aware of such problems. Psoriasis is a not just a skin problem but a systemic disease because of the multifaceted nature. Early diagnosis and good relationship is necessary for effective patient-centric care.

It was a fruitful meeting. I learned a lot about psoriasis and how to help patients cope with the problems associated with the condition.

