

Are You at Risk for Psoriatic Arthritis ?

Psoriatic arthritis (PsA) is a form of arthritis that can affect almost one-third of people with psoriasis and lead to lasting damage to your joints and bones.

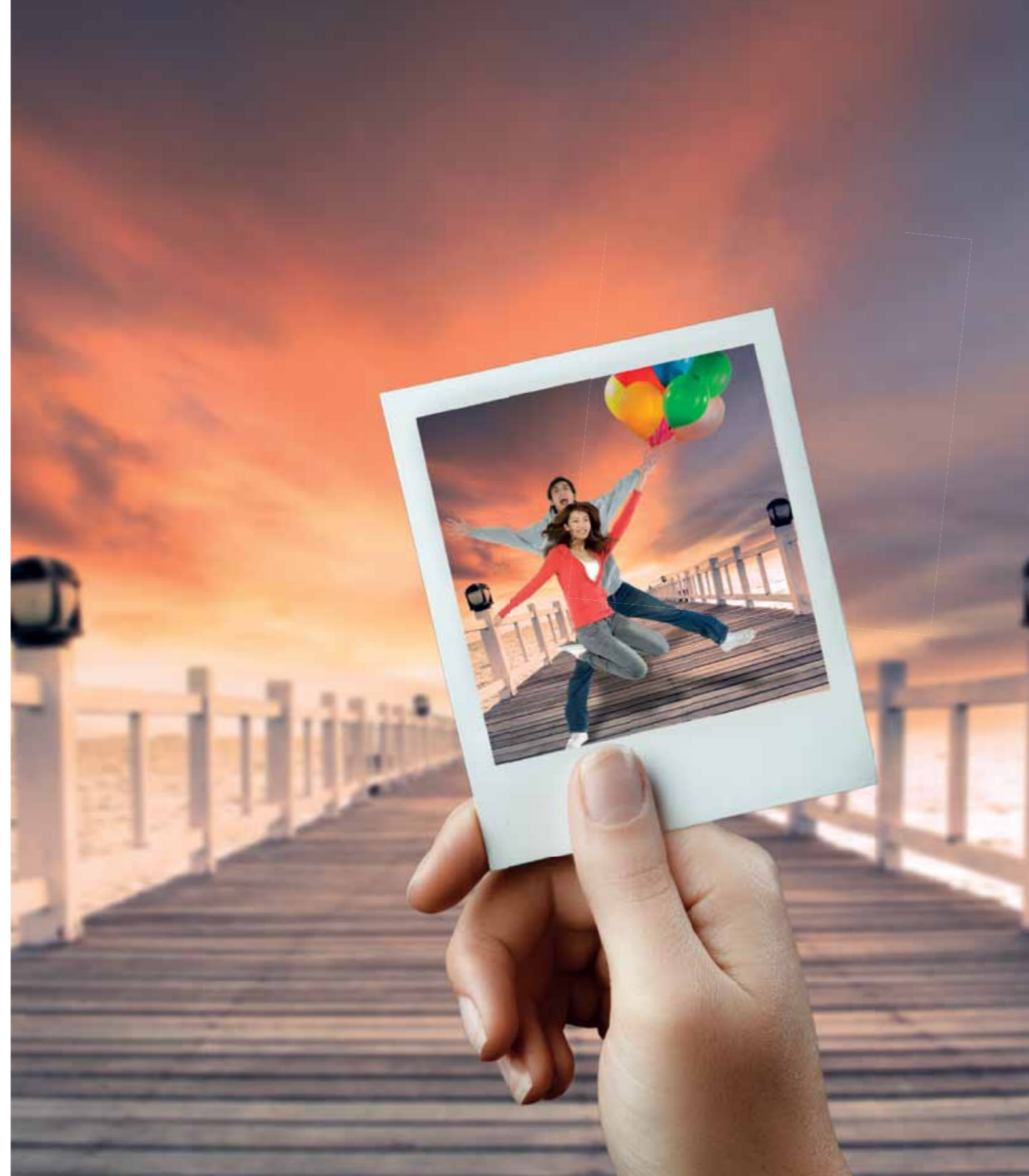
Getting diagnosed and treated as soon as possible can prevent that damage and help you to stay healthy.

Answer the following five questions to find out if you're at risk for PsA. If you answer yes to three or more questions, bring it with you to your next appointment with your dermatologist.

You can also take this screener online at psoriasis.org/psa-screener

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|--|-----|----|
| 1. Have you ever had a swollen joint ? | YES | NO |
| 2. Has a doctor ever told you that you have arthritis ? | YES | NO |
| 3. Do your fingernails or toenails have holes or pits ? | YES | NO |
| 4. Have you had pain in your feet ? | YES | NO |
| 5. Have you had a finger or toe that was completely swollen and painful for no apparent reason ? | YES | NO |

Ibrahim.G.H.,el at "Evaluation of an existing screening tool for psoriatic arthritis in people and the development of a new instrument: the Psoriasis Epidemiology Screening Tool(PEST) questionnaire. Clinical & Experimental Rheumatology 27.3(2009):469



Helping *people* living with psoriasis.



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President's Message

It is the end of the year again and I wish everyone a Happy New Year! The year end is my favourite time of the year as we are all in a festive mood, enjoying the good food and festive cheer. It is also a time of reflection on the year that has past and a time to look forward to the coming year.

As I look back on the year 2018, I am very thankful for the hard work that has been put in by the PAS committee. We have a few new enthusiastic members in the committee and many who have served for over 10 years. Their selfless dedication over the years has really touched me and is much appreciated. They are all volunteers with a heart to raise psoriasis awareness and care in Singapore.

Looking forward to the year ahead, I hope to get new members to step up to volunteer their time and share their ideas so that the association can continue to grow. With your help, the association can continue to raise psoriasis awareness in Singapore and continue to support those who are struggling with their psoriasis. It is my wish that you will step up to the calling and consider volunteering your time and services to association. It has been said that "it is in giving that we receive". Let us give of our time and talents this New Year to help others. I am sure that not only will you be a blessing to others, but you will be blessed by your selfless service!

Wishing all a Happy New Year!

Colin Theng



New is the year;
New are the hopes;
New is the resolution;
New are the spirits;
And new are my warm
wishes just for you.
Have a promising
and fulfilling New Year!

World Psoriasis Day 2018 by John Koh

The Psoriasis Association held a very successful event on the 20th October, 2018 at the Bedok Central event hall.

Our sponsors were there in full force. Novartis showcased a “wheel of Psoriasis “ to test public knowledge of various aspects of Psoriasis and all participants walked away with free tote bags and snacks. Johnson and Johnson displayed a “car game”. The idea was to have the remote controlled car push away as many cones along the circuit as possible, an allusion to dispelling myths about the disease. LEO Pharma has pyramidal aluminium cans for participants to throw a ball at to knock them out. Ribena drinks and booklets on Psoriasis are then given to the participants. Abbvie distributed pop corn and floss candy, Gulan and Hadijah of National Skin Center gave out kacang puteh, Johnson and Johnson sponsored ice cream and long lines were the order of the day for these treats. The Association of Diabetes Educators (Singapore) rendered support to provide free glucose and blood pressure measurement, and 280 public participated in the screening tests. The nurses from Dermatology Chapter under Singapore Nurses Association provided education on skin care and also balloon sculpturing and making cards with cut out flowers to inject fun for the young children. There is also a booth on flower creations.. There is also a booth for children’s activities, which included making cards with cut out flowers and plastic flower creations. 6 NUS Duke University students were also there to explain the posters exhibited for the event and each participant was given the a tissue package having the message that “ Psoriasis is not contagious”



Dr Koh Hong Yi was the first to speak at the event. In Mandarin, he explained the disease, Psoriasis to the overflowing crowd, and emphasised its non contagious and chronic nature. Cassandra, our emcee for the day, then moderated a patient sharing session. The patient Wendy, has being a sufferer since from a young age. Now retired, she finds that exercise and simple dieting has improved her condition. She stressed to Psoriasis patients that this disease is “not so serious as handicapped “ and encouraged them not to feel miserable and live life to the fullest.

Dr Colin Theng who is also the President of the Psoriasis Association spoke next, in English. He gave a very optimistic projection of how new treatments will progressively be able to improve the lives of Psoriasis patients vent though an outright cure is still not eminent. He emphasised the emotional toll patients face and that they need all the support they can get from relatives, friends and the public.

World Psoriasis Day 2018 by John Koh

Cassandra introduced the “ Ha Ha dancers” to the stage after the talk, and the 2 young male dancers gave a rousing break dance performance to the delight of the audience. Dr Theng then moderated the next “Patient sharing “ segment, the patient being a long time Psoriasis Association member and well known Singapore Chef, Nick. Nick had many words of advice to the audience, and his strongest statement was to embrace “Love”. Whether you are receiving or giving it, love heals everything.



The entertainment for the day continued with our singing Dr., Etienne Wang, who gave a rousing rendition of a song from the Marry Poppins movie. He was followed up by the RSVP group who performed a medley of songs, accompanied by their many ukulele players and harmonica.

To wrap up the day, a lucky draw was held, and the final performance of the day was by a Chinese Opera troupe, dressed in their finery.

The occasion was a success, thanks to all the great work put in by our volunteers and Psoriasis Association Committee members.



THE HOME STRETCH

THE HOME STRETCH

If you’re living with psoriatic arthritis, movement can be a scary proposition. “People may think movement causes pain, so stretching is probably a bad idea, when in reality, it’s actually the opposite,” says Brain Blevins, physical therapist at Strong Stride Physical Therapy in Beaverton, Oregon.

A lack of movement allows joints to tighten, leading the surrounding muscle and tissue to tighten, compromising flexibility, mobility and stability, says Parth Shah, physical therapist and co-founder of polygon HQ in Sugarland, Texas.

Countering that stiffness requires movement. “It may hurt the first few minutes, but as you get more blood flow, as you get more motion, it gets the stiffness out of the joint and flexibility into the tissue. You’re able to move a lot easier,” says Shah. “It is like putting oil into a creaky door”

GETTING STARTED

A simple at home routine can work wonders to ease joint pain and improve mobility. You should never feel sharp pain. Strive to maintain good posture and keep a neutral, straight spine to avoid activating joints that you’re not targeting.

For each stretch, alternate between the right and the left side, and always perform them on a stable surface. Remember to check with your health provider before starting a new exercise program. The frequency and duration of the stretches is up to you. Belvins suggests stretching at a very low intensity. As soon as you can feel the stretch, hold it there for 5 to 10 minutes. Shah prefers more dynamic motion and quicker stretches held for 5 to 10 seconds, with 5 or more repetitions. Either way, the goal is to stretch every day.

Ideally, combine the stretching routine with exercise. Stretching paired with resistance training should decrease pain, increase range of motion, improve strength and boost your overall quality of life.

WHAT TO EXPECT

Shan says that depending on your condition and fitness level, you may experience some pain because the joints are stiff. If the pain goes away between repetitions, keep going. But if the pain lingers or gets worse during or in between stretches, stop immediately. Delayed onset muscle soreness can be expected but you should not experience sore joints afterward.

After 1 or 2 months of regular stretching, you should expect improved range of motion and less pain, depending on your age, how frequently you stretch and your condition when you started the program. Belvins recommends consulting your doctor or physical therapist if you don’t see improvement in about a month.

Regular stretching after a diagnosis is important to maintain joint integrity. It is never too late to start.

“Psoriasis arthritis is an inflammatory process, which create destruction and degeneration, so the earlier you can start, the better.” Blevins says, “But for someone who has really flared up and has been for a long time, it’s more about what you do and how you do it. Find the sweet spot in terms of exercise that makes you feel good. You can improve your quality of life.

Adapted from PSORIASIS ADVANCE OF National Psoriasis Foundation