

World Psoriasis Day 2019 – “Let’s Get Connected” 27th October 2019 at Our Tampines Hub

On stage, the folks from AWE (Ageing Well Everyday of Queenstown Community Centre) entertained the crowd with a brilliant ukulele performance of old favorite tunes. The HPB (Health Promotion Board) then upped the tempo with Stretch Band Exercises, accompanied by upbeat music. There was just so much energy! Then, Dr. Koh Hong Yi addressed the audience with a talk and quiz on psoriasis, in Mandarin. This was followed by a ‘variety show’ – a series of songs and dances by volunteer singers and dancers, led by David Chia.



To end the event, Dr. Koh helped with the Lucky Draw where prizes sponsored by Ego were given out. Ego also sponsored the door gifts.

We are grateful to all our sponsors, members, and volunteers who made this year’s event such a success! Special thanks also to Eli Lilly for their kind sponsorship.

Yes, Let’s Get Connected! Remember, you are not alone. Together we are stronger!



Helping *people* living with psoriasis.



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(2019/20)**

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President's Message January 2020

The recent World Psoriasis Day 2019 event held at the Tampines Hub was very well received and well attended by members of the association and public. The event boasted many activities such as educational talks, sharings by patients and food and games. The feedback was encouraging, and many of those who attended the event said that they had an enjoyable time and had learnt a lot more about psoriasis.

A friend of mine who attended the event shared that he was most touched by the patient testimony on living with psoriasis. He had heard about psoriasis, had an idea of the what the disease was but did not fully realise the impact of the disease on the individual till he heard the sharing. The sharing revealed how the impact of psoriasis goes well beyond the physical skin condition, also affecting the mental and social well-being of the individual. Surveys on psoriasis have shown that support from family and friends was very important in helping them cope better with the disease.

I hope that our society in Singapore will have a better understanding of psoriasis and its impact on the individual, and that we will be more understanding and caring towards our friends and family members with psoriasis. With greater knowledge and awareness, we can remove the stigma of psoriasis and help improve the lives of those with psoriasis.


God bless,

Colin Theng



Let's get
CONNECTED

Conversation on Psoriasis Treatments
Moderators: Consultants(Dermatologists)



Date : 1st Feb 2020
Time: 12noon to 2pm
Venue: M hotel at Anson Road
Sponsored By Leo Pharma
• Awarding of Needy Fund
Register by email - psoriasissg@gmail or HP 9005864
Limited Seats - register by 18/1/20

“Let’s get connected” with the Dermatologist and Nurse by Valerie Poh

On 7th September 2019, the Psoriasis Association of Singapore (PAS) organised a talk on “Let’s get connected” for members. It was sponsored by Novartis.

Dr. Colin Theng, President of PAS, began the talk with a review of “What is Psoriasis”. He spoke on the impact (physical, psychological, social and financial) psoriasis has on its sufferers. A study done by the NSC on 100 psoriasis patients found that the mean anxiety score was 6.9 and the depression score was 4.7, both higher than normal. He pointed out that psoriasis is more than “skin deep” as it is associated with co-morbidities such as obesity, diabetes, hypertension, dyslipidaemia and arthritis. To combat these negative effects of psoriasis, patients should adopt a healthy lifestyle like keeping fit, exercising, eating healthily and reducing stress. Dr. Theng went on to present the advances in the treatment of psoriasis. Today, biologics form an important part of the treatment regime and the new ones seem safe and effective.



The second speaker was Nursing Officer (NO) Tan Yoke Choo who spoke on the role of the nurse in the life of the psoriasis patient. A nurse who shows genuine concern and empathy makes a patient’s journey with psoriasis more bearable. He/She is able to help patients better understand their disease and its treatment as well as encourage adherence to the prescribed treatments. NO Tan went on to give helpful tips on topical applications, the importance of moisturising, types of moisturisers, scalp treatment, care of ears, nails, hands and feet.

After a sumptuous lunch sponsored by Leo, the attendees were organized into small groups to discuss questions on the emotional aspects of psoriasis, how they cope, who played an important role in helping them to cope, and the 3 best advice that they would give to anyone newly diagnosed with psoriasis. After a very lively discussion, the different groups presented their answers to questions that were posed.

All the groups said that they felt depressed when they were first diagnosed with psoriasis. Suddenly, their lives were turned upside down and they asked “Why Me?”. All searched everywhere and anywhere for treatment and eventually “accepted” their condition as they joined support groups and learned that stress will only trigger the condition and make it worse. Family support, acceptance by those around them like colleagues and “support” groups eventually made life more bearable.



The 3 Best advice to newly diagnosed patients are:

- 1) Think positively and do not be stressed. Come to terms with your condition.
- 2) Join a network of friends like the psoriasis community at the PAS to remain updated on the latest treatments so that you can make an informed choice.
- 3) Live a healthy life style, eat healthily, sleep well and be a “patient patient”.



Each member was presented with a tube of moisturising cream from EGO Pharma to encourage regular moisturising of the skin.

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The Psoriasis Association of Singapore (PAS) is a member of IFPA (the International Federation of Psoriasis Associations), the global psoriasis body. This year, the global theme of IFPA for World Psoriasis Day (WPD) is “Let’s Get Connected”. For PAS, this year’s WPD event was held at Our Tampines Hub in the eastern part of Singapore. We were blessed with a very good turnout from our members, sponsors, volunteers, as well as the public from the local community.



The crowd started streaming in from 10am, many heading to free functional screening tests conducted by AIC (Agency for Integrated Care). Our sponsors and volunteers had a fun time interacting and engaging the curious crowd at the various booths. The young and not so young made a beeline to the ice-cream booth. However, before they could get the ice-cream, they had to play a simple game and answer questions on psoriasis at the Johnson & Johnson booth. Despite this, the line was long! There was a tile coloring booth set up by the PA (Peoples’ Association) which attracted some participants. Soon, many were drawn by the aroma of hot-dog and muffins from Novartis booth and a long line formed quickly. A local delicacy, muah chee was provided by Abbvie, much to the delight of the senior crowd, who clearly enjoyed this. A regular booth at our yearly event had been the kacang puteh booth. This old time favorite found many old faithfuls and made new fans. It kept our volunteers Gulan and Hadijah very busy.



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Our emcee, committee member Cassandra Loh, introduced our President, Dr. Colin Theng, to address the audience with his educational talk on the new treatments available in the management of Psoriasis, followed by an engaging question and answer session. This was followed by a patients’ sharing session by Nik and Charlene, facilitated by Cassandra.



Meanwhile, the activities at the booth resumed and there was a line at the Leo booth for Ribena and like the other booths, playing a game was what it took to have a free drink. The fun-loving and playful ones headed to the photo booth to have their photos taken, in all kinds of poses. Nurses from the Dermatology Nurses Chapter, Singapore, were also on hand to answer questions on topical applications. GSK provided free samples of moisturizers at their booth. Over at the education boards, medical student volunteers from Duke-NUS School of Medicine answered questions as the curious public absorbed the information provided. Many of these medical student volunteers are repeat volunteers for our WPD events. It was good to see them again.

