

Grandfather' story by Hui Wen

Psoriasis affects 1 to 2 percent of Singapore's population and is one of the top 10 most common skin diseases in this country. Sufferers are plagued with rapid growth of the outer skin layer, resulting in thick, silvery scales on raised pinkish red patches. Sufferers may be shunned by other members of the society and have to endure negative social stigma.

One reason why patients with skin problems get stigmatized is the lack of correct information about the skin condition. This leads to misconceptions and misunderstandings regarding the skin condition and the sufferer.

With this in view, Our Grandfather Story is launching a new series titled 'Can Ask Meh?' that aims to help the public to bridge the gap that occurs between themselves and those who are stigmatized or marginalized. We invite individuals who are from minority groups, people who exist on the fringes of society, or who are simply misunderstood, to address questions that we have always wanted to ask so we may get information about things we have always wanted to know but too afraid to ask.

One episode of 'Can Ask Meh?' will broach the issue of skin conditions and will feature people with a variety of skin diseases, ranging from eczema to psoriasis. By providing a platform for people with skin conditions to address existing misconceptions harboured by members of the public, Our Grandfather Story hopes to be the conduit through which a deeper understanding, awareness, and acceptance can be fostered.

Besides skin conditions, 'Can Ask Meh?' will also deal with other social taboos like arranged marriages, bereaved parents, and many other important social issues.

The series will be launched on all our social media platforms (Youtube, Facebook and Instagram) in May. The episode featuring skin conditions to be released in early June.

Our Grandfather Story is a digital video publisher that documents, curates and retells authentic stories. We present overlooked narratives that are timeless and nostalgic. So come hear our grandfather story. Connect with us on our social media platforms, @OurGrandfatherStory everywhere.

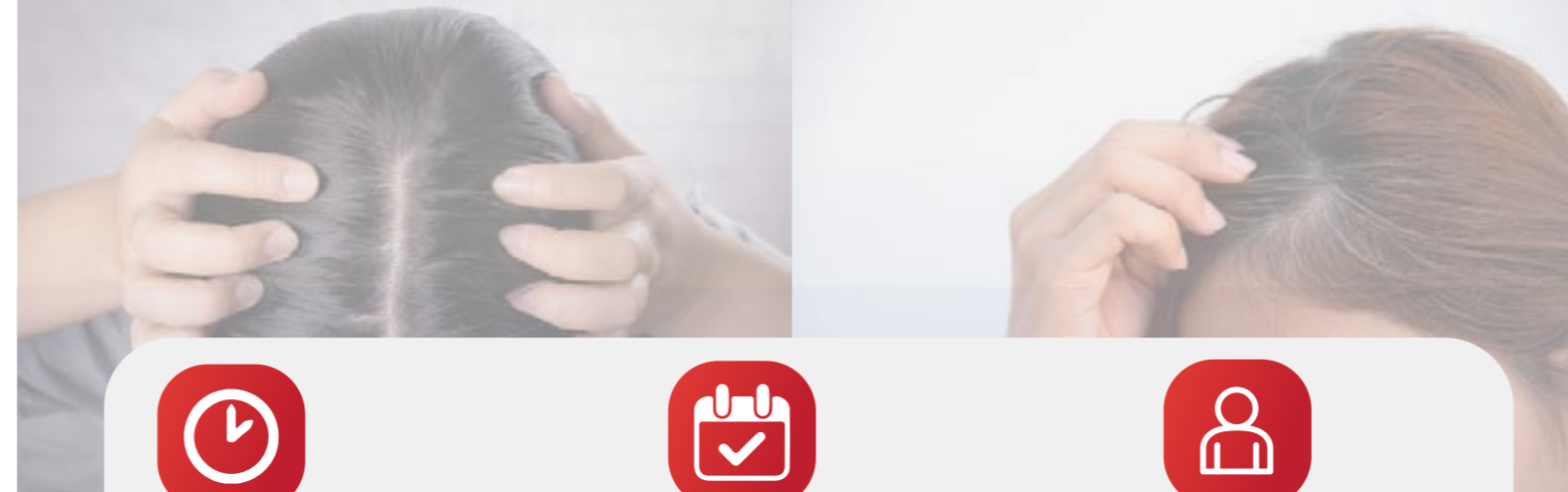
KEEPING HEALTHCARE AFFORDABLE AND SUSTAINABLE

Merdeka Generation Package
Singaporeans born in the 1950s will get more help:
 • \$1000 MediSave top-ups over five years
 • Extra MediShield Life premium subsidies
 • Further 25% off subsidised bills at polyclinics and SOCs
 • CHAS subsidies
 • \$100 top-up to Passion Silver card

Enhanced CHAS subsidies
 • Extended to cover all Singaporeans with chronic conditions - new Green Tier
 • Increased subsidies for chronic conditions for Blue and Orange
 • New subsidies for common illnesses for Orange

MediShield Life Coverage extended
From 1 April 2019:
 • Continuation of autologous bone marrow transplant treatments
 • Specific serious pregnancy and delivery-related complications

www.moh.gov.sg/COE2019




Time


Event


Speaker

Date: 25 MAY 2019

- 10:00 am Registration
- 10:30 am Scalp Management for Psoriasis
- 11:00 am Scalp Treatment for Psoriasis
- 11:30 am Group sharing on Scalp treatment
- 12 noon Halal Buffet Lunch


Dr. Koh Hong Yi
Senior Consultant at Singapore General Hospital

Tan Yoke Choo
Nurse Clinician at National Skin Centre



National Skin Centre
Auditorium, Level 5
No 1 Mandalay Road, Singapore 308205



Sponsored by: 

Register by email : psoriasissg@gmail.com
or HP : 9005 8264

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Dr Yew Yik Weng

Contact PAS
Email: psoriasissg@gmail.com
Website: psoriasis.org.sg
Phone: 9005 8264

President's Message

For many people, psoriasis can be a very distressing condition. It can cause those with psoriasis to become frustrated, isolated and depressed by their disease. It can be very hard to overcome these emotions and one can be dragged further down in a spiral.

There are a few important tips which can help in such situations. Firstly, seek proper medical treatment as there are now many very effective treatments for psoriasis. When psoriasis is well controlled, depression gets better and quality of life improves significantly.

Secondly, it is important to have a positive outlook and take control of the disease and not let the disease take control of you. One of my patients who has psoriasis and psoriatic arthritis was determined not to be limited by her disease. She is constantly hiking and trekking hills and mountains in distant places, leading a very active lifestyle. Whenever she tells me about her adventures, I am always very impressed that she has done so much more than I ever have despite her condition. Speaking to people who have psoriasis, who have managed to overcome their disease, and sharing their struggles and triumphs, can be an inspiration to us and help us gain the right perspective of the disease.

If there is anyone out there struggling with their psoriasis, you can call the Psoriasis Association of Singapore for help. We have many volunteers who will be more than willing to help you and share with you their own experiences with psoriasis.

Colin Theng

NOTICE AND AGENDA OF 37th ANNUAL GENERAL MEETING

Notice is hereby given that the 37th Annual General Meeting will be held on **Saturday, 25th May 2019 at 1..00pm**

*National Skin Centre
No.1 Mandalay Road
Auditorium, 5th level
Singapore 308205*

1. President's report and reading of the 2018/2019 Annual report
2. Confirmation of Minutes of the 36th AGM held on 26rd May 2018
3. Presentation and Adoption of the Treasurer report
4. Election of Office Bearers for 2019/2020
5. Election of Honorary Auditors for 2019/2020
6. Any other business

By order of the Executive Committee

Members who wish to raise issue for the discussion at the AGM must submit the proposal in writing email before 15th May 2019

You are invited to volunteer and/or submit any proposal for the election of office bearers.

Door gifts sponsored by *Ego Pharmaceutical Singapore Pte Ltd.*

You are invited to the Scalp Management talk at 10am to 12noon

**Please register by email or SMS to HP 90058264:
"Your name" space "AGM" - "Yes" or "No"**

Report of events from May 2018 to April 2019

36th AGM held on 26th May 2018

The above was held at the NSC auditorium.

Prior to the AGM, the members present, had a make-over by a volunteer group of beauticians from Toni International college of Aesthetic & Physiology led by Christina.

After the make-over everyone had the opportunity to be photographed and were given two free 4R printed photographs.

This was followed by a sharing session held in small groups and members go to know each other on a more intimate basis.

A buffet lunch followed sponsored by LEO Pharma.

The AGM started after lunch. Dr. Colin Theng welcomed those who were present.

After going through the Report of events from April 2017-March 2018 and the Treasurer's Report, the election of Office bearers proceeded.

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

The above conference was organized by the International Federation of Psoriasis Associations (IFPA) and attended by Psoriasis Associations from around the world.

Psoriasis Association of Singapore(PAS) was represented by Sister Tan Yoke Choo.

The 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 collaboration.

Sister Tan found the conference a fruitful one and she learnt more about psoriasis and how to help patients with the problems associated with the condition.

Mindfulness and Psoriasis 28th July 2018

A talk on "Mindfulness and Psoriasis was held at the National Skin Centre on 28th July 2018. The 2 speakers were Dr. Giam Yoke Chin and Dr. Katarie who shared how Mindfulness could help psoriasis patients to cope with their condition and consequently live a better life.

Dr. Kataria shared his life experience as both a psoriasis patient and doctor. He gave useful health tips like, cutting down on alcohol consumption and having sufficient rest and sleeping early.

Report of events from May 2018 to April 2019

World Psoriasis Day (WPD) 2018

PAS celebrated World Psoriasis Day on 20th October 2018 at Bedok Town Square.

It was a very successful event and a fun-filled day. Our sponsors from the various pharmaceutical companies set up games stalls as well as providing food, drinks and ice-cream.

Long queues formed at the Association of Diabetes Educators (Singapore) booth providing screening test for glucose and blood pressure measurement and nurses from the Dermatology Chapter, educated visitors on skin care.

There was also a booth for children's activities like balloon sculpting and making cards.

6 NUS Duke University students were on hand to explain the posters exhibited for the event.

Dr. Koh Hong Yi spoke in Mandarin on "Psoriasis" and Dr. Colin Theng, in English, on new treatments.

Our emcee, Cassandra ,then moderated a patient sharing session with Wendy who shared that exercise and simple diet improved her condition.

The next patient sharing was moderated by Dr. Theng . Nik a well known Singapore Chef and a long time PAS member had many words of advice for the audience but his strongest statement was to embrace "Love" which heals everything.

Visitors and patients were also entertained to dances and singing as well as a ukulele performance by the RSVP group.

The event ended with a lucky draw and a final performance by a Chinese Opera troupe dressed in their finery.

All in all, the event was a resounding success, thanks to the great work put in by our Pharmaceutical sponsors, guests and volunteers.

"Understanding Psoriasis. Up close and personal" 23rd March 2019

The above event was held at Eagle Wings Loft and attended by about 50 members.

Dr.Pan Jiun Yit was the main speaker and gave a very detailed and informative talk on "Understanding Psoriasis". He stressed on the importance of awareness , that it is a treatable and life-long condition and is non-contagious.

He advised regular exercise and keeping a healthy diet and also highlighted that for some patients the disease remains poorly controlled due to various factors like non-compliance with prescribed medication or ineffectiveness of certain medication.

Finally all patients should always seek information from reliable sources.

After Dr. Pan's talk, the Needy Fund awards were presented to 4 patients.

A sumptuous lunch sponsored by LILLY was enjoyed by one and all.

Understanding Psoriasis by Valerie-Article

Up close and Personal with
Dr. Pan Jiun Yit

The above event was held on 23rd March, 2019 at the Eagle Wings Loft. It was attended by about 30 of our members.

Dr. Pan gave a very detailed and informative talk on psoriasis. He stressed that it is a treatable but a life-long condition and is non-contagious.

He presented slides that showed the various types of psoriasis and areas where psoriasis may occur as well as the comorbidities. Psoriasis patients are encouraged to go for regular health screening at least once a year to check their BMI, blood pressure, waist circumference and fasting glucose. Regular exercise is also recommended and keeping to a healthy diet will certainly help. Joint pains should not be ignored as about 20-30% of psoriasis patients may have arthritis. For some patients the disease remains poorly controlled. This may be due to various factors like poor compliance with prescribed medications or ineffectiveness of certain medications. Finally, patients should always seek information from reliable and authoritative sources.

After Dr. Pan's talk there was a presentation of the annual Needy Fund Award. Four patients received the award and the rest of the award will be disbursed by the medical social worker at the National Skin Centre. Each needy member will receive a \$50 NTUC voucher.

The event ended with a sumptuous sponsored lunch by Eli Lilly

Reported by
Valerie Poh
Secretary

