



c/o National Skin Centre  
1 Mandalay Road  
Singapore 308205

## **Report of events from May 2015-May2016**

### **33<sup>rd</sup> AGM held on 23 May 2015**

The above event was held at NSC auditorium.

Before the AGM, members learnt the do's and don'ts about photography.

The main presenter was Mr. Nanda Kumar who shared tips on the intricacies of taking good photographs.

We thank Leo Pharma for their generous sponsorship of the photography session, the gift of a selfie stick to our members as well as for the delicious lunch.

After lunch the AGM commenced.

Dr. Colin Theng welcomed those who were present and then went through the Report of events from June 2014-May2015 as well as the Income and Expenditure account.

After these two items were passed, the election of Office bearers began.

This year saw a number of new faces coming forward to be elected into the Committee.

### **Fund raised from Cycling challenge by Novartis Singapore on 6<sup>th</sup> May 2015**

As part of the Dermatological Society of Singapore and Novartis Singapore Continual Medical Education programme. Novartis Singapore held a cycling challenge activity and raised \$4000 fund for the PAS. The fund is to support the activities organized by PAS to equip patients with the skills and knowledge to cope with psoriasis.



#### **4<sup>th</sup> World Psoriasis & Psoriatic Conference, July 8-11 , 2015 , held in Stockholm., Sweden**

The conference was attended by representatives from members of IFPA (International Federation of Psoriasis Associations), doctors, allied health professionals and Pharmaceutical companies. The purpose of the conference was to elucidate psoriasis and Psoriatic arthritis from a number of scientific aspects.

PAS secretary, Valerie Poh, attended as Singapore's representative.

Dr. Colin Theng attended as one of the Committee members and presenters, in the Complementary programme.

#### **Understanding Basic Health Insurance & Medical Assistance Schemes in Singapore**

The above talk sponsored by Abbvie was held on 22<sup>nd</sup> August 2015 at the NSC Auditorium.

Felicia from the Institute of Financial Literacy (Money-sense) gave an overview of the Health Insurance Schemes ,its benefits and its impact.

This was followed by a talk by Dr. Yew Yik Weng, a dermatologist from NSC, on various medical assistance schemes in Singapore.

#### **Asia Pacific Immune Mediated Inflammatory Disease Summit in HongKong Aug. 2015**

PAS was represented by Jerome Yong whose attendance was sponsored by Abbvie.

#### **World Psoriasis Day ( WPD) 24th October 2015**

The theme of WPD 2015 was "Patient Journeys – We are just like you".

PAS worked with various pharmaceutical companies to organize the event which took place at Ang Mo Kio Central stage.

More than 300 people including patients, doctors, volunteers and members of the public attended the event.



The media outreach, before, during and after the event, resulted in excellent coverage , thanks to the sponsorship and support of Johnson and Johnson On WPD Day, booths were set up by the pharmaceutical companies . Posters and educational materials were put up as well as games stalls A cartoonist was on hand to do caricatures of those who were interested. The NSC staff was busy giving out packets of kacang puteh .

All in all, WPD 2015 was a huge success especially in its outreach to the public. We thank all the pharmaceutical companies who assisted in organizing the events as well as their generous sponsorship.

We thank the Guest of honour, Dr. Lam Pin Min, Member of Parliament and the Ang Mo Kio Resident Committee Advisor, Dr Koh Poh Khoo, for gracing the occasion.

#### **Fund raised by Leo Pharma Asia Pte Ltd**

During the Annual Year End Dinner for LEO Pharma Asia Pte Ltd in December 2015, they decided that in line with our corporate philosophy of putting patients first in everything they do, they will have a fund raising activity with the beneficiary being PAS members.

They had a teambuilding event where they were taught how to make cocktails. Subsequently, the teams concocted their own special cocktail and marketed it to the rest of our colleagues. Everyone can decide on the drinks they wish to buy and the amount they will pay for the drinks. The money collected was then donated to PAS to use as they deem suitable. PAS appreciated the thought and the collected amount of \$888 donated.

#### **Retreat for Committee members 30<sup>th</sup> January 2016**

A mini retreat was held for Committee members to discuss a 5-Year Plan for our Association. Various suggestions and recommendations on what direction PAS should take in the next 5 years were brainstormed and discussed. We hope to put into action some of the recommendations.



### **“Lo Hei” lunch at M Hotel 20<sup>th</sup> February 2016**

LEO pharma kindly sponsored a Lunar New Year lunch for PAS members on 20<sup>th</sup> February 2016. The get-together was held at M Hotel from 1-3pm. It was a joyous occasion as new and old members got to know one another.

### **Differences between Psoriatic Arthritis and Arthritis & “ Doing it right for your joints”**

On 12 March 2016, the above talks were 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.

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.

The members followed the interesting exercise activities guided by James and the session was ended with a buffet lunch sponsored by Abbvie and door gift by Ego.

### **Sponsorship for this 34<sup>th</sup> AGM 2016**

Door gifts will be sponsored by Ego Pharmaceuticals while lunch is by courtesy of Leo Pharmaceutical.

The members truly appreciate the generous support from these companies.

### **National Skin Centre**

The PAS greatly appreciates the continuous support of the staff of NSC and permission for use of the premise by the NSC Director.

*Report by*

*Valerie Poh (Secretary)*

