

# **PSO NEWSWORTHY**

Volume 2 Issue 2 - Fall/Winter 2015

#### In This Issue...

How to Weather the Winter

## **Welcome!**

Welcome the Canadian Association of Psoriasis Patients (CAPP), a patient organization dedicated to helping psoriasis patients and their families, providing support, bringing together the best of emerging psoriasis news, research results, and key information that can truly make a difference in how you live your life. Check out our website at <a href="https://www.canadianpsoriasis.ca">www.canadianpsoriasis.ca</a>, <a href="https://www.canadianpsoriasis.ca">visit us on Facebook</a>; and don't forget to <a href="mailtosign up for our newsletter">sign up for our newsletter</a>.







# Myth Buster

**Myth** – There is a quick test to diagnosis Psoriasis

**Fact** – Diagnosing psoriasis is very difficult and there is no test to do so. It is a clinical diagnosis based on medical history and physician examination. It is often mistaken for eczema, dermatitis and other skin conditions.

Got a story idea?

We want to hear it!

Please send newsletter suggestions

to info@canadianpsoriasis.ca

**Tools and Changes** 

**CAPP In Action** 

# **Funding Research**

On October 29, 2015, World Psoriasis Day, CAPP was thrilled to announce an exciting initiative to help support Psoriatic Research. We are very proud to partner with Pfizer, Leo Pharma, Janssen, and the Canadian Institute of Health Research- Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) to fund up to 10 Studentships to support students in psoriatic disease research.

These studentships will provide each recipient with \$5,000 for four months. The eligible undergraduate and health professional students will be able to undertake research projects related to psoriatic disease. It is our hope that these awards will encourage students to pursue a career in psoriatic disease research so that we may someday live in a world

without psoriasis.

The application deadline for these studentships is January 18th 2016, and funding will begin on May 1st 2016. Students who are interested in applying or who would like to learn more about this opportunity and its eligibility requirements can go to <a href="https://www.canadianpsoriasis.ca/research">www.canadianpsoriasis.ca/research</a> to get more information.



### Join Us!

Do you know that we are on <u>Twitter</u>? <u>Facebook</u>? We share valuable information on psoriatic disease and treatment options, as well as information on general health, research and more!!

Would you like to learn more about how to help improve the lives of psoriatic patients in Canada? <u>Contact us</u> and we can let you know how we need you! And finally if you know someone who



would benefit from receiving this newsletter please forward it to them and encourage them to <u>sign up</u> to receive it direct to their inboxes!

#### Weather the Winter

#### Tips to prevent psoriasis flare-ups as you tackle the cold winter.

Winter is quickly approaching and along with it comes the cold weather that can trigger a psoriasis flare. The cold of winter brings with it dry air, reduced exposure to sun light, indoor heating and an increased chance of illness, all of which can make it harder to care for your psoriasis.

So while you are digging out your parkas, firing up the furnace and preparing for winter hibernation, keep in mind these tips to help you manage your condition:

- 1. Humidify the indoor air Indoor heating will make
  - your home very dry, and that can lead to dry, itchy skin. And scratching can make your psoriasis worse, or can even bring about new lesions. So combat these desert-like conditions by investing in a humidifier that puts moisture back into the air and helps prevent these problems. Don't have a humidifier? No problem. Put metal containers filled with water on your heating vents in the floor. Always make sure they are at least half full and these will act the same as a humidifier by allowing moisture back into the air.
- 2. Moisturize Applying moisturizer should always be a part of your psoriasis routine but this is especially important in the winter when the air is dry. Keeping your skin moist by using a moisturizer will help to lock in water into your skin, reducing redness and itchiness. Stick to fragrance-free lotions and remember that the thicker the cream or ointment, the better!
- Hydrate! Just like it helps to have moisture in your room it also helps to have moisture in your body. Drink lots of water to stay hydrated and this will help

- keep your skin hydrated! Drinking water when you are thirsty already means you are not hydrated so keep the H20 close by all the time.
- 4. Skip the Shower Opt for soothing baths instead of long hot showers which can remove the moisture from your skin. Shower just long enough to soap up and rinse and then enjoy a long soak in the tub use a bit of oil, oatmeal or Epsom salts to soothe itchy skin and to help unwind. Be sure to moisturize right away to lock in that water when you get out.
- 5. Layer it up Cold weather can not only irritate
  - your skin but it can also make your joints more painful. Bundle up and stay warm by choosing soft scarves, hats and gloves to cover exposed skin. To avoid sweating (which can worsen psoriasis) dress in light layers you can remove if you get too hot, and always go for natural plant fibers such as cottons over wool, denim or other fabrics that can irritate your skin.
  - 6. Chill out! With winter comes the stress of holidays and the winter blahs. Stress is a known psoriasis trigger so be sure to take time to relax- go for a massage, take a long walk or meditate to keep yourself calm. The shortened daylight can also cause seasonal depression so be mindful of how you are feeling and speak
  - to your doctor if you are feeling sad often.
- **7. Winter Tune-up** If your psoriasis gets worse in the winter, take the time to talk to your doctor. It may be necessary to adjust your medications or get some light therapy.

So while the weather outside is frightful, hopefully these tips can help you to be more comfortable and have better control over your psoriasis this winter.

### **Real Life Stories**

Newly launched, <u>Real Life Stories</u> is a collection of documentary films which show patients along their journey with psoriasis. These films are about the impact of medical conditions, like psoriasis, on real people brought to life by some of Canada's top filmmakers. This website will help empower patients, raise awareness and foster understanding and empathy for those living with psoriasis.

The films on Real Life Stories, will help Canadians living with or touched by psoriasis to understand that there is help available and that they are not alone in their journey.

Visit <u>www.RealLifeStories.ca</u> to learn more about Canadians living with psoriasis, and how they worked with their doctors to determine the right treatment and cope with the physical and emotional impact of the disease. Watch our Facebook page and Twitter posts for more information, and spread the word on your own social networks.

### **Tools and Changes**

#### Check them out!



The Canadian Association of Psoriasis Patients is excited to show off a new look to our website. We took all of the general information about Psoriasis and psoriatic arthritis and consolidated them into a very handy flipbook called "Living with Psoriasis". The book contains all the important infor-

mation that we had on the website, but in a format that is

easy to navigate and can be printed too!

We are also pleased to highlight a new tool that is available on our site that will provide you with the information you need to help gain access to treatment for psoriasis or psoriatic arthritis, whether you have private health coverage, public coverage or no coverage at all. Check out our Medication Access Tool.

#### **CAPP** in Action

This summer the CAPP Staff and Board have been busy representing psoriasis patients at several conferences and events.

In June of 2015, we attended the first ever International Dermatology Patient Organization Conference (IDPOC) which brought together over 125 patient delegates from 25 countries and 6 continents. At this conference we were able to share best practices internationally, network with other psoriasis organizations and learn some practical skills with regards to social media, advocacy, volunteer management and media training. CAPP enjoyed being a part of this inaugural conference!

Shortly after IDPOC, CAPP president Eva Borkenhagen and Executive Director Kathryn Andrews- Clay dusted off their passports and represented Canada at the 4th World Psoriasis and Psoriatic Arthritis Conference in Stockholm Sweden. The focus of this year's conference was looking to the future and we were able to learn more about the innovations which have an impact for the patient today and for tomorrow.

Finally, we have been busy co-hosting psoriasis information nights in conjunction with the Canadian Psoriasis Network and sponsored by Janssen. We have attended sessions in Ottawa, Montreal and Halifax and will be in Winnipeg on November 17. There have also been session in Fredericton, Victoria and Quebec. If you didn't catch us in your home town, there will be a live webinar on November 17th and you can check our <u>Upcoming Events</u> section of our website for more information on this Webinar, as well as future sessions that have yet to be scheduled.





CAPP is grateful to the following sponsors for supporting this newsletter. CAPP is an autonomous patient group and is solely responsible for this publication's content.

