

PSO NEWSWORTHY

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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 www.canadianpsoriasis.ca, [visit us on Facebook](#); and don't forget to [sign up for our newsletter](#).



Global Facts

Two to three per cent of the world's population has psoriasis. Psoriasis often begins between the ages of 15 and 25, but it can happen at any age. Psoriasis affects men and women nearly equally. One of every three people with psoriasis has a family member with psoriasis. Nearly 60 per cent of people with psoriasis report that their condition is a problem in daily life. Psoriasis can affect people's feelings, behaviour and experiences.

What is a Subsequent Entry Biologic (SEB)... And Why Should I care?

SEBs are a hot topic in the pharmaceutical industry. Skin patients, especially those with psoriasis and psoriatic arthritis should be aware of this new category of drugs and the impact it might have on their treatment plan.

What is a biologic? Biologics are a class of treatments derived from living cells that target specific parts of the immune system treating diseases like psoriasis, psoriatic arthritis, Crohn's and rheumatoid arthritis.

What is a SEB? Subsequent entry biologics (SEBs) also referred to as 'bio-similars' are similar (not identical) versions of an existing biologic. Given that biologics are vastly more complex molecules than regular medications, manufacturers of SEBs

cannot guarantee that their reproduction is identical to the original. Unlike generics, where the active ingredient is the same, SEB's are merely similar.

Just some of the issues being discussed... Safety first – Drugs in Canada generally undergo 3 phases of clinical trials for the specific disease (indication) targeted. Some biologics have several indications. Currently, in order to get the cheaper knock-offs to market, as long as an SEB has good results in one disease category, it is assumed safe and effective for all indications. Another issue is that rigorous tracking is needed after they are on the market to ensure that our insurers don't take away our treatment choices. Questions? [Contact us](#) or [visit our website](#)

SEBs are "similar" but not identical to versions of the existing biologic

Psoriasis Report: Where you live may affect your level of care

Take a moment to scan our psoriasis report card. It objectively evaluates how your health care system is performing in regards to access to treatments and care. [How did your province rate?](#)



Important points to raise with your dermatologist

Once diagnosed with psoriasis, patients have a major role to play in the management of this disease.

Do your homework and be prepared to engage in a discussion of various options.



1. What are my treatment options for psoriasis? Share your ultimate goal towards your treatment.
2. How effective are each of these psoriasis treatments, what are the risks and common side effects?
3. Which lifestyle factors should be considered when selecting a treatment?
4. Share the impact that psoriasis has on your day-to-day life physically, emotionally and socially.
5. Share your access to medical insurance and ask about other options available to you by your province or for some treatments, the pharmaceutical company.

Did You Know...?

Psoriasis is associated with the following: • alcoholism • high cholesterol • Crohn's disease • high blood pressure • anxiety • obesity • depression • psoriatic arthritis • diabetes • sleep apnea • smoking • heart attack • stroke.

Patients diagnosed with psoriasis should be assessed for risk factors and symptoms of these diseases.

Tools to assess your Psoriasis

Along with your dermatologist, these tools can help you learn the severity of your psoriasis

Dermatology Life Quality Index

The Dermatology Life Quality Index (DLQI) is a 10-question questionnaire completed by patients that is used to assess the effect of psoriasis and other skin conditions on patients' day to day life.

Psoriasis Area Severity Index

The Psoriasis Area Severity Index (PASI) is a score used to express the severity and extend of psoriasis. This score combines the severity (redness, thickness, and skin scaling) as well as percentage of affected area.

Featured Resources: One-stop support tool

Beyond our own website, we discovered a new website called [QualityCare™](#) — a new free, unbiased tool to help you manage your psoriasis. Check out a few of the features:

- Personalized articles and information. Receive information in ways that are convenient to YOU, through tailored online content, videos, emails or text messages;
- Online treatment plan tools to make treatment scheduling adaptable to your lifestyle;
- People videos — Hear from real people living with psoriasis;
- Caregiver resources;
- And more.

[Click here](#) to visit QualityCare today.

Visit the [CAPP website for more resource links](#)

Access to treatment: eHelp coming Soon!

Are you frustrated with the roadblocks to get the treatment you need? No matter what your medical coverage, our online tool will be able to provide you with information and tips to improve your chances of getting affordable access to the treatment you need to treat your psoriasis or psoriatic arthritis whether you have access some coverage or no coverage at all. Stay tuned.



We want to hear from you if you are unable to get the treatment that you and your dermatologist believe is right for you. We work to inform our provincial and federal governments about the need for appropriate treatment for psoriasis and psoriatic arthritis patients.

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



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