

PSO NEWSWORTHY

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Psoriasis Support Group

Welcome!

Welcome to the electronic newsletter of the Canadian Association of Psoriasis Patients (CAPP), a patient organization dedicated to helping psoriasis patients and their families. This bulletin brings 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](#).



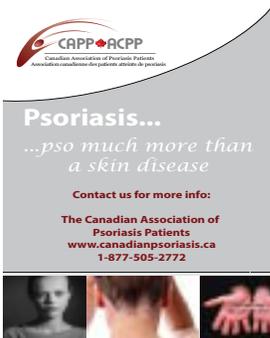
Myth Buster

Myth – My psoriasis will eventually go away.

Fact – Psoriasis is a chronic, long term condition that currently has no cure. There are, however, many treatments out there that allow patients to relieve many of their symptoms. Be sure to talk to your Health Care provider to come up with the best treatment plan possible for you.

More than a skin condition

We all know the visible affects that psoriasis can have; red and scaly lesions, cracked and bleeding skin, yellow discoloured nails. But what about the effects that you can't see? A recent study has shown that 16.5 % of psoriasis patients met the criteria for major depression, and that the odds of having major depression were doubled in patients with psoriasis.



is the number one comorbidity of psoriasis.

Patients living with psoriasis, often feel isolated and excluded which in turn can take a serious emotional toll. There remains a social stigma surrounding psoriasis. People still do not understand the disease, and they see the plaques and scaly skin, and assume the disease is contagious, is caused by poor hygiene, or are frightened by it. Patients become embarrassed and self-conscious and begin to withdraw from activities with others, and can also cause a strain on relationships and intimacy.

It is important to always be on the lookout for signs of depression, and to seek treatment if you need it. You should talk to your doctor if you have any of the following symptoms:

- Inability to sleep
- Feeling like you can't get out of

bed

- Loss of energy
- Lack of interest in things you used to enjoy
- Inability to focus.

According to the National Psoriasis Foundation, patients who are able to manage their psoriasis, regardless of their treatment, say they have a higher quality of life, less sick days at work and are generally more productive. Talking to your dermatologists and coming up with a treatment plan that works at managing your psoriasis is an important part of keeping the symptoms of depression at bay.

If you are struggling with your psoriasis, be sure to follow and stick to your treatment plan prescribed by your health care provider. Having your psoriasis well managed will alleviate depression symptoms, and could prevent future symptoms from developing. A strong support network with family and friends, who are aware of the connection between psoriasis and depression, is also important to help you recognize depression symptoms if they occur. Know that you're not alone and seek support from others who are living with psoriasis; our Facebook page is a great place to start. (link to page) And if you are experiencing signs of depression it is important to seek a help from a professional.

Sources:
WebMd
National Psoriasis Foundation

Calling All Artists



To mark World Psoriasis Day 2016, the Canadian Association of Psoriasis Patients is happy to be hosting a Youth Art Contest, building on the release of our new graphic animation video depicting the story of Michelle, a little girl living with psoriasis.

The youth of Canada are invited to watch our video, and then submit art work that depicts this year's World Psoriasis Day Theme which is Breaking Barriers: fighting prejudice, stigmatization and discrimination; raising awareness and hope by spreading knowledge and understanding; and gaining access to treatments for an im-

proved quality of life.

Art work will be submitted based on three different age group, and judged for creativity and positive reflection of the theme. Cash Prizes will be awarded for the winners of each age group, and an Art Gallery will be created on our website ([link here](#)) showcasing all the entries.

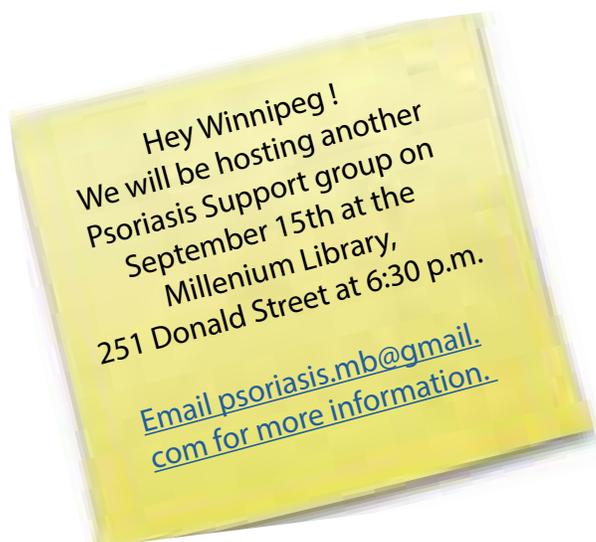
Teachers who submit classroom artwork will also be considered for an additional prize for their classrooms.

For more details on information on how to submit artwork please [visit our website](#). Deadline for entries is October 12th 2016 and winners will be announced on World Psoriasis Day – October 29th!

On the Road Again!



Last year CAPP hosted several psoriasis information sessions in cities across the country including Brandon, Winnipeg, Ottawa, Halifax and Montreal. These informative sessions included a presentation by a dermatologist, a short overview of the services CAPP offers, as well as a valuable Question and Answer period. These sessions were so popular that we are hitting the road again and just may be coming a city near you. This year we are hoping to come to cities in Nova Scotia, Ontario, Newfoundland and Saskatchewan. When dates and locations are confirmed we will be posting them on the [events section of our website](#). Check back often to see if we are coming to a city near you!



If you are interested in starting up a support group in your area, please [contact us](#) and we can help get you started!

Thank You!!



CAPP is proud to be one of this year's beneficiaries of The Beer Store's 24th Annual Charity Scramble Golf Tournament being held at The Club at Bond Head. We are grateful for the support of the Beer Store and its employees!



CAPP is grateful for the support of our sponsors for making this newsletter possible.



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