

PSO NEWSWORTHY

Volume 2 Issue 2 - Fall/Winter 2015

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CAPP In Action

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](#).



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*

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 www.canadianpsoriasis.ca/research to get more information.



Join Us!

Do you know that we are on [Twitter](#)? [Facebook](#)? 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? [Contact us](#) 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 [sign up](#) to receive it direct to their inboxes!



Canadian Psoriasis Alliance
Alliance canadienne des patients atteints de psoriasis



Hope ...
Through Education
and Advocacy

L'espoir ...
au travers de la sensibilisation
et de l'éducation

www.canadianskin.ca
www.canadianpsoriasis.ca



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!
- 3. 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 H2O 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, [Real Life Stories](#) 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 www.RealLifeStories.ca 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.

