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Quick Tips

Congratulations!

We're on the Move

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](#).



The "P" may be silent: But you don't have to be.



An informed patient is an empowered one. Whether you are a psoriatic patient, the parent of a child with psoriasis, or the caregiver of someone living with psoriasis, it is important that you take an active role in your psoriasis journey.

50 years ago, if you went to see your doctor with a rash or an aching joint, the doctor would simply decide what medication you needed, if you need more evaluation, or would just leave it alone. These days, time with your doctor, in particular a dermatologist, is a valuable commodity and you need to be sure you have all the facts to make an informed decision about your treatment path. You don't often have the time to foster a long-standing relationship with our dermatologist, so it is important to be knowledgeable about your condition and the options for treatment that are available to you.

There is a change in the health care landscape where patients are being encouraged to be an active participant in their healthcare team! Many health care providers now encourage patients to become full partners in their care, and research has shown that engaged patients with chronic conditions are more likely to stick to their treatment plans, track their health, and ask questions of their health care provider.

So how do you become an engaged patient you ask? There are many things you can do to take an active role in your health care;

1. **Educate yourself:** Ask questions, do research online, connect with others who are facing the same health challenges that you are. Check

out our Facebook page (link) an active and informative community for Canadians living with psoriatic disease. Make sure you know what all the treatment options are and ask your doctor how they may fit into our treatment plan. Reach out to us if you need help in finding where to start.

2. **Be Prepared:** Time with your doctor is limited so be sure that you are ready when you get there. Make sure you have all your questions written down so that you don't miss anything. Carefully track your health information so you can give your doctor accurate information and you aren't left relying on your memory.
3. **Build a strong Support team:** There may be times when you cannot easily care for yourself. Be sure that you have a support system in place that is familiar with your treatment and can speak up for you when you can't. Bring someone with you to your appointments who can take notes and be sure that nothing is missed.
4. **Speak up:** If you don't understand something ask your doctor to explain it in simple language. Be sure to tell your doctor if you are uncomfortable with anything being proposed, or need more clarification. Be sure to tell your doctor if you are experience any adverse or negative effects from the treatment you are on.

Following these suggestions will mean you can have the knowledge and confidence to take responsibility for your own health and wellbeing and so you can take an active role in your treatment and care.

Patient organizations such as CAPP, recognize the need to provide education and support to patients who might not know where to find the information that they are looking for. Reach out to us as you begin your journey to become an empowered patient!

Myth Buster

Myth – Myth – Psoriasis is “just a skin disease”

Fact – Psoriasis is an autoimmune disease that can not only affect the skin, but can also affect the joints. Those suffering with psoriasis are also at higher risk for developing psoriatic arthritis, heart disease, high blood pressure and depression, to name a few. Be sure to see your doctor regularly to monitor the accompanying risks of having psoriasis.

Quick Tips



Winter weather can be hard for psoriasis patients as the dry, cold air and indoor heating can trigger flare

ups.

Take Action and follow these helpful tips to prevent an unwanted flare-up

- Stay moisturized.

- Avoid Hot showers, opt for soothing baths instead.
- Use a humidifier to keep the indoor air moist.
- Dress in soft layers and remove a layer if you get warm – sweating can make your psoriasis worse.
- Drink lots of water to keep your skin hydrated.
- Relax and try to avoid the stress that comes with winter holidays.

Congratulations to our Artists

In recognition of World Psoriasis Day, CAPP hosted a national Youth art contest. Canadian Youth were invited to submit artwork that reflected the theme of World Psoriasis Day 2016; Breaking Barriers, Fight prejudice, stigmatization and discrimination, Raise awareness, understanding and hope, Gain access to proper diagnosis, treatment and improved quality of life. We were overwhelmed by the talent of all the artists who submitted their work.

Congratulations to SheeAhn who won in the Intermediate category, and Viraji who won in the senior category. All other honourable mentions can be found [on our website](#) (insert link). Thank you to everyone who took the time to submit their work!



SheeAhn

Winner - Intermediate Category



Viraji

Winner - Senior Category

We're on the Move!



The Canadian Association of Psoriasis Patients is moving! On January 1st we will be moving into new office space.

Our new address will be:

15 Capella Court, Unit 109,
Ottawa, ON K2E 7X1.

As always, we can be reached via email ([link](#)) or by phone at 1-877-505-2772

Happy Holidays!

Please note that the offices of the Canadian Association of Psoriasis Patients will be closed for the holidays from December 24th to January 2nd inclusive. We will reopen on January 3rd. We wish you and yours a safe and happy Holiday Season!



Just a Note!

Due to some scheduling conflicts, we have had to postpone our plan to hold 5 new Psoriasis Information Sessions in locations across the country. We hope to have a new plan in place shortly



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

