

Murdough Family Center for Psoriasis



Fall/Winter 2008 Newsletter

Fall: As the cool winds start to blow, psoriasis may begin to flare.

Some people breath a sigh of relief with the cool autumn breezes. This may not be the case for nearly 7 million people with psoriasis.

As fall rushes in the cooler and drier air, psoriasis can flare. Frequent moisturizing and using a home humidifier can offer some help. If flare ups continue to increase it may be necessary to discuss your treatment options with your dermatologist.

Other things to remember:

Keep Healthy:

Having a cold or flu can affect your psoriasis. Get plenty of rest, practice frequent good hand washing, and try to decrease your stress load.

Here are some ideas to help decrease stress; exercise, yoga, listen to relaxing music, read a good book, take a quiet walk and look at

the change in colors with the fall season.

Try something new like: meditation, massage, or alternative medicines like Reike.

Eat Healthy:

Although there is little proof that diet affects psoriasis, everyone knows a well balanced diet does great things for your health. Not only will it help you by eating healthy, but if your family follows suit they will also be healthier.

Avoid foods high in fat and sugars. Eat plenty of fresh fruits and vegetables. Fresh vegetables may be hard to find at this time of year, so remember frozen vegetables have a higher nutritional value than canned.

Quit Drinking

Studies have shown that alcohol can make psoriasis worse.

Quit Smoking:

Studies show that heavy smokers have twice the risk of severe psoriasis then those who smoke less. Speak with your physician about programs that are available to help you quit smoking.

Support Group:

Support groups are a great way to meet new friends who know what you are going through.

By going to a support group meeting you can meet great people and learn new things about psoriasis.

You can also start a support group in your area. If you are interested you can speak with the Murdough Center to find out how .

Important Items and Dates to Remember:

- The Hope Psoriasis Support Group Meeting October 28th, 2008 will be held at UHCMC Bolwell Meeting Room A at 6:00 p.m. Please join us.
- World Psoriasis Day October 29, 2008
- Time change: Don't forget to turn your clocks back one hour. The time change is November 2, 2008. It is also important to change the batteries in your smoke detectors.
- Walk for Awareness: May 30, 2009. Cuyahoga Valley National Park.
- Capitol Hill Day: February 22-23, 2009. Goto the National Psoriasis Foundation Web site for more information. (www.psoriasis.org)

National Psoriasis Walk for Awareness

Get your walking shoes on and your team together. The Murdough Family Center for Psoriasis along with the National Psoriasis Foundation will be holding the first annual Cleveland/ Akron Walk for Awareness at the Cuyahoga Valley National Park on May 31, 2009.

There are many ways to get involved, listed below are just a few:

- form a walk team and have each person raise at least \$100.00
- ask local business owners that you know for donations
- become a walk committee chairperson or committee member

To learn more call Kathy Kavlick, R.N. at 216-844-0313, or watch for upcoming information on the Murdough website:
www.murdoughpsoriasis.com

The money raised will help with research and psoriasis awareness.

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As Fall Begins So Does the Flu Season

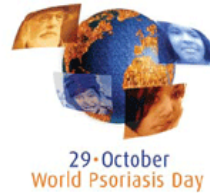


Flu season is quickly approaching. It is extremely important to inform your physicians of all the medications you are taking (this includes any vitamins or herbal supplements) prior to receiving any vaccines.

*“Autumn is a second
spring when every
leaf is a flower.”
Albert Camus*



World Psoriasis Day October 29, 2008



On October 29, 2008 join the International Federation of Psoriasis Association (IFPA) to celebrate the fifth annual World Psoriasis Day, a global effort to raise awareness about psoriasis and psoriatic arthritis and the seriousness of the disease.

Treatment Study Opportunities Please Call (216) 844-1913

Clinical Trials are available including:

New Intravenous and Injectable and Oral Medications.

Non Treatment Studies Please Call (216) 844-5197

A study for patients 18 years old or older with psoriasis. The study includes 2 visits. One screening visit and one study visit, which includes a questionnaire and physical exam.

Another study is for patients starting or currently taking efalizumab (Raptiva) for psoriasis. This study involves a brief office visit and skin examination twice a year, and it does not require patients to stay on Raptiva.

Prevalence Study: We are actively recruiting both patients with psoriasis and healthy volunteers for a study which compares the cardiovascular disease risks between these two groups. This study, which patients will be compensated for, requires two visits and includes a history and physical exam, ultrasound of the blood vessels, a fasting blood draw, and a skin biopsy.

Capitol Hill Day by Kristen Gupta

My recent experience with Capitol Hill Day 2008 was as remarkable as it was new to me. The efforts and energies of everyone who participated were, indeed, exceptionally strong, creative and engaging. Working hand-in-hand with the National Psoriasis Foundation in our nation's capitol, connecting with such a supportive, informative, and engaging organization ignited a fire within, a deep commitment to, and understanding of, the importance of our cause. This was a reminder that advocacy and experience are on our side in the challenge to exact a “cure and care” for psoriasis. Best of all, it offered an opportunity to reach within and without, to develop creative solutions based on compassion and truth. I am ever grateful for the experience, and hope to join others again in next year's continued efforts.

Kristen Gupta, BA, RN
Doctoral Student
Case Western Reserve University
Frances Payne Bolton School of Nursing

Capitol Hill Day

February 22-23, 2009

Washington, D.C.

The annual National Psoriasis Foundation Capitol Hill Day.

This is your chance to travel to the nation's capital and let your US Senators and Representatives know about the need for a cure for psoriasis and psoriatic arthritis.

For more information on planning a trip to Washington, D.C. visit:

www.psoriasis.org

