

PAA Kids

Calling all kids with psoriasis and psoriatic arthritis - this is your page!!!

TRY OUR WORD SEARCHES PUZZLES, CROSSWORDS, and, don't forget to send us your games for the fun page - so get cracking, get those fun things coming into to us soon.

TELL US WHAT YOU WANT FROM THIS PAGE

WHY NOT WRITE AN ARTICLE ABOUT HOW YOU FEEL LIVING WITH PSORIATIC ARTHRITIS

TELL US WHO YOUR FAVOURITE DOCTORS ARE AND WHY?

COME ON LET US KNOW YOU'RE OUT THERE!!

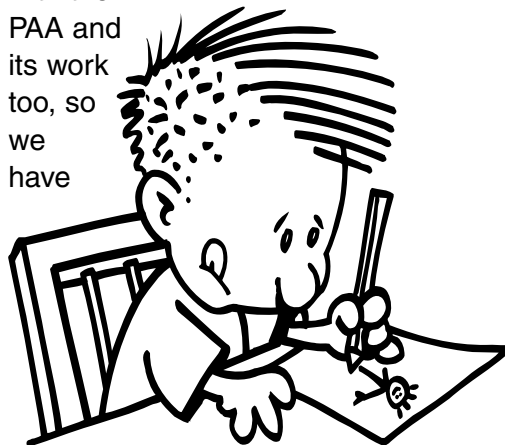


GET MOTIVATED - this is your chance to have your say!!!

ARTICLES • PICTURES • PUZZLES • POEMS

PAA KIDS is run by kids for kids and will operate in future issues of Skin'N'Bones Connection if we all make it work by getting motivated, contributing and growing!! so come on GET WRITING!

Let's introduce ourselves to you - my name's Hannah, I am 9, with a sister, Amy whose 4. We haven't got psoriasis, but our dad has, so we know what its like. Besides living with it, we have grown up with the PAA and its work too, so we have



met many people with it. Next on the team is Aiden, he's 9, and Camilla, who is 9.5. They do not have the condition, but support all the efforts of the PAA, and help out each year at the PAA conference at Woburn Safari Park. Last year we all did a Tombola and guess the Woburn reindeer game - all without adults help - it was great fun.

Hope we will all get to meet you at future conferences and make some new friends.

DO YOU WANT A PEN PAL?

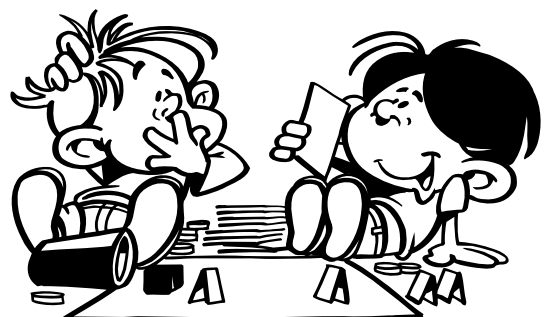
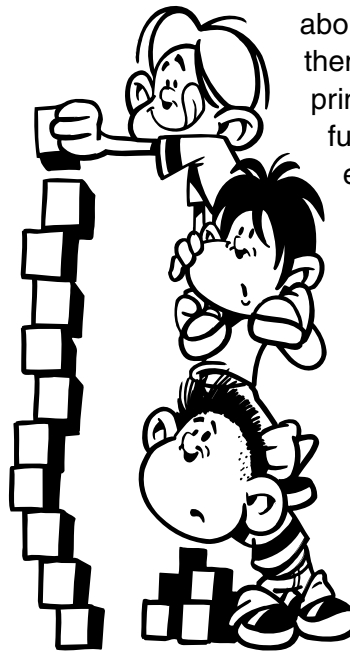
Here's your chance to get in touch with others. Just write in to us with a

few details about yourself, then we will print it in future

editions of Skin'N' Bones.

Don't forget to give us your name, address, and please don't forget to get

permission from your parents that it's OK to seek a pen pal.



DID YOU KNOW?

FIRST THINGS FIRST - Psoriasis is not catching!!

Don't give up with your doctor or hospital – Psoriasis and treatments need to be found that suit you – this may take a little bit of time, and experimentation – so hang in there.

If you are lucky enough to see a specialist nurse dealing with your skin problem, don't be afraid to ask her questions – she will gladly explain or allay your fears. Sometimes your parents don't always have the answers, especially as to why things don't work with your treatments, so your doctor or nurse is the best person to get to know and talk to, especially to prescribe the treatments suited to you and your lifestyle!!

WHAT TRIGGERS YOUR PSORIASIS OR SOMETIMES MAKES IT WORSE?

Nobody really knows for sure, however if you are under pressure and stressed with exams, schoolwork, relationships, anything that really worries you, stress can make things worse, and you feel ten times worse – so get chilled out.

DON'T GET STRESSED OUT!

You can and probably will feel angry at times – “why me”. Don't worry this is normal. You are bound to feel like this sometimes, fed-up with your treatments, doing them, not seeing any results from all that effort – going backwards and forwards to the doctors, wondering and worrying if the condition is getting worse or better – this is normal, you are normal for thinking like this. All these emotions will help you to cope better with your condition, throughout your life – so chill.

You will feel sometimes that the condition is “larger than life”, a bit like a boil/spot on the end of your nose, that hurts and festers, and you think it stands out bigger than you are, when actually, nobody really notices that small redish mark on the end of your nose!! Then there will be other times when you totally forget you have a skin problem to treat, either its being good, cleared up, or there are other good things going in you life to take your mind off all your negative feelings. THIS IS NORMAL!!

HOW DO I DEAL WITH WHAT I'VE GOT?

Coming to terms with your skin and/or arthritis is the first step to managing your problem, then to deal with it and look after yourself – so little by little, accept that you have a problem but that's not your fault. Lots of other people have problems too, sometimes you just can't see them. Then get to know and feel comfortable with your medical condition.

SUMMER TIME

Be careful of the sun – don't get sunburnt and always use a good sun protection cream, especially if you are fair skinned.

SWIMMING:

Swimming is great and fun too, so don't get hung up about going – once you get a grip of yourself and go, you'll love it. However, your skin may become irritated by the chlorine in the water which varies in level from pool to pool. To combat this try to protect your skin by good moisturising, and if you can get a barrier cream to apply before you go into the water, this may help too.

MOISTURISING:

Don't forget this is really important to learn early on, and to make part of your daily skin routine.

WHY MOISTURISE?

Moisturising keeps skin hydrated, flexible and healthy and best of all it prevents worsening of the psoriasis, and can reduce irritation and itching. It helps in the winter months, when our skin does not get the opportunity to breath, being covered up in all our heavy, warm clothing.

HOW DO I DO THIS?

You can moisturise without too much trouble at all, for instance, in the bath. There are emollient products that you can add to the bath that do the job well, without you making any efforts at all, apart from enjoying your bath time!!

Then there are products that you can apply after your bath, or during the course of the day.

So, go on, give it a try.

MAKE YOUR TREATMENT TIMES FUN!

(Now you won't take us seriously, but honestly we are not MAD!!)

Invent games with your nurse, doctors and parents to make applying your treatments fun.

Example: Creaming speed record

Reward system: each time you go to the doctors/nurse or hospital, give yourself a treat, or ask your parents to give you one.

Give yourself a treat for each completed month of treatment, again ask your parents to let you have something special, so that it gives you an incentive to work for.

Give yourself targets to meet with your treatments goals.

Come on use your imagination, invent some games – Don't forget to tell us if they work too!!