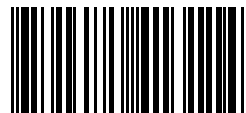


skin 'n' bones connection

Issue 25 2007 £4.00



ISSN 1475-4134



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Correspondence Address:

PAPAA
PO Box 111
St Albans
Hertfordshire AL2 3JQ
E-mail: info@papaa.org
Web: www.papaa.org
Tel: 0870 7703212
Fax: 0870 7703213

Production team:

Julie Chandler
Managing Editor

Typesetting and Design
Macro Design and Print Ltd
St Albans

Printing
Photolit Printing Ltd
St Albans

The Psoriasis and Psoriatic Arthritis Alliance is a Registered Charity No: 1118192 and is a Company Limited by Guarantee, registered in England and Wales No: 6074887
Registered office: Acre House 11-15 William Road
London NW1 3ER

Dear Reader

Welcome to a new look Skin 'n' Bones Connection. If you are a regular reader, you will notice, that not only has the design changed, but also the content. Some articles included are of general interest and may or may not relate directly to either psoriasis or psoriatic arthritis. This material may include aspects related to health, services or products that are available.

As part of our philosophy to provide a positive approach to the management of psoriasis and psoriatic arthritis, we want to include material that is also related to lifestyle choices. We believe that sometimes real life situations are not always reflected in material designed to educate and provide support.

The survey (reported on pages 4 and 5) was carried out at the end of 2006, helped us to look at the needs of information delivery, some respondents providing extra comments that have helped us to look at content and include items that they believe would be of interest to other readers.

No content in this magazine will be included because of any financial contributions or support from the contributor. Where we review products, this will be following internal research or from recommendations by our constituent group. We will also be commissioning articles from both professionals and subscribers, together with publishing readers letters, personal stories, tips, products road-tested and other contributions readers may have..

We have also been asked to look at alternate treatments and provide some information on treatments that may not have a medical basis. The article on the Champneys Spa (pages 12 and 13), we believe to be of use, as given the issues related to skin disease and joint problems with visits to such establishments, people still wish to experience for themselves without embarrassment.

So keep those contributions coming!

Managing Editor

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All Rights Reserved. No part of the publication may be reproduced, stored in a retrieval system or transmitted in any format whether electronically, mechanically or otherwise without permission of the Psoriasis and Psoriatic Arthritis Alliance.

Disclaimer

The contents of the journal are aimed at providing information that may be of interest to people with psoriasis and/or psoriatic arthritis or those who have a specialist interest, whether in a personal or professional capacity. Some articles which will be included are of general interest and may or may not relate directly to either psoriasis or psoriatic arthritis. This material may include aspect related to health, services or products that are available.

We believe that at the time of printing all information is correct and cannot be held responsible for any inaccuracies that may occur, nor do we endorse any products that may appear in this journal.

All opinions are of the contributors and not necessarily those of the Psoriasis and Psoriatic Arthritis Alliance.

Always consult your own doctor or medical healthcare provider.

The Psoriasis and Psoriatic Arthritis Alliance (PAPAA) is the new single identity of the Psoriatic Arthropathy Alliance and Psoriasis Support Trust. The organisation is independently funded and aims to be a definitive source of information and educational material for people with psoriasis and psoriatic arthritis in the UK. To be a support to both patients and professionals by providing material that can be trusted (evidence based), which has been approved and contains no bias or agendas. We will be looking to provide positive advice that enables people to be involved as they move through their healthcare journey in an informed way, which is appropriate for their needs and any changing circumstances.

Subscription rates:

United Kingdom - £12.00 (Renewal Rate £8.00) per annum - 2 issues
International - £24.00 (Renewal Rate £16.00) per annum - 2 issues

Publication Dates: May and November

Contribution Copy Dates: 28th February and 31st August

Skin 'n' Bones Connection is registered as a magazine ISSN: 1475-4134

The Psoriasis and Psoriatic Arthritis Alliance (PAPAA), is a UK charity set-up for people affected by psoriasis and psoriatic arthritis.

PAPAA was founded in 2007 as a joint venture between the Psoriatic Arthropathy Alliance (Reg Charity No: 1051169) and the Psoriasis Support Trust (Reg Charity No: 1088359) with the aim of merging the original charities into a single entity that will become a principle resource of information and help for people with psoriasis and psoriatic arthritis in the UK.

The Psoriatic Arthropathy Alliance (PAA)

The PAA was founded by David and Julie Chandler in 1993, as an organisation specifically for people with psoriatic arthritis. David, who has both psoriasis and psoriatic arthritis, was forced to retire from his families' business at the young age of 36, through ill-health caused by the double-edged condition.

David and Julie soon discovered that the amount of information and knowledge regarding the disease was minimal, and it was Julie, David's wife, who decided that she could best help David by forming an active group of fellow sufferers to provide much-needed help and support to David and also those in a similar situation.

The PAA, although primarily set-up for psoriatic arthropathy, moved into psoriasis as a consequence of demand by its members. It has since become well established and respected amongst the medical profession and patients.

The PAA has been supported by a team of unpaid volunteers, to help people with psoriasis and psoriatic arthritis. The team included clinical specialists from the fields of Dermatology, Rheumatology, and Immunology, Physiotherapy, Nursing, Scientific and Pharmacology experts, together with input from the world of business and Public Relations.

Main activities have been an Education and Information Programme which included the Skin 'n' Bones Connection journal, Psoriatic Care Fact File and various information leaflets/booklets supporting patients.

The Psoriasis Support Trust (PST)

The Psoriasis Support Trust (PST) was set up in March 2001 by Charles Peel to assist sufferers of psoriasis. Since that time, with the assistance of medical advice, the Trustees have reviewed the various treatments available to psoriasis sufferers. They decided to concentrate on the effects of stress on psoriasis and how one can deal with the psychological effects the condition has on sufferers. The Trust agreed to sponsor the development work of a team, headed by Prof Christopher Griffiths, at the Department of Medicine (Dermatology) at Hope Hospital, Manchester. It is anticipated that this will lead on to the development of a programme that will assist sufferers deal with their condition in a more effective manner. In addition, the Trust provided the Psoriatic Arthropathy Alliance (PAA) with certain financial assistance, to consolidate and build on its work to further supporting patients.

PAPAA

The essence and thrust of both charities will continue within **PAPAA** and will be a combination of the strengths and activities that have been the success stories for both charities.

David and Julie Chandler will drive the new organisation and will keep the patient centred voice alive. Both David and Julie know only too well the day-to-day struggles of living with a long-term medical condition and problems that are faced by people with psoriasis and psoriatic arthritis.

This continuity and link will offer the focus and understanding that will be needed in order to provide a service that patients in the 21st century will need, whether it is information, a listening ear or a disease management programme, **PAPAA** will aim to provide traditional patient support as well as new innovative approaches that a changing healthcare environment requires.

- **PAPAA** is advised by a Medical Advisory Board and supported by a larger group of interested individuals from all areas of the medical profession.
- **PAPAA** will provide support where possible to those affected by psoriasis and psoriatic arthritis.
- **PAPAA** will support the medical profession by providing access to up-to-date patient literature and management programme which are evidence based and backed by research. Good science will be the key to providing support to people with psoriasis and psoriatic arthritis.

PAPAA does not receive funds from the pharmaceutical industry or commercial sector. All activities are funded via donations, subscriptions or charitable grants. We believe that this allows us to act in a non-biased way and free from any influence or agendas that may arise.

We will not link our activities to commercial marketing or public relations campaigns and will only link our name or logo to an activity if we believe that it is beneficial to our constituent group, that's you!

We will not endorse products or make recommendations, we provide information that has been approved by healthcare professionals or has published evidence.

We will provide a signposting service to help people with psoriasis and psoriatic arthritis to make an informed choice and understand how to deal with their condition in a confident way.



PAPAA was officially launched 1st June 2007. Its first promotional activity was at the British Association of Dermatologist meeting held at the ICC Birmingham in July (see cover photo).

Psoriatic Health Information Delivery Survey (PHIDS)

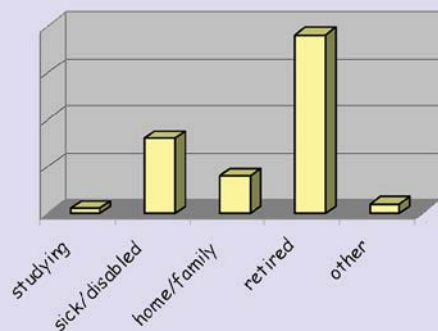
Towards the end of 2006 the PAA carried out a survey to gauge the views of people registered with the PAA about new media, communication and information delivery.

- 124 people completed the questionnaire
- Female = 88
- Male = 36
- Age range 26 - 66+

Of the 124 respondents 91% suffer from some form of psoriatic arthritis and 85% of the respondents have some form of psoriasis.

46% of those who completed the survey work. The remaining (Fig 1) 32% are retired, 13% are permanently sick or disabled, 6% are looking after home or family, 1% are studying and 2% are not employed for other reasons.

FIG. 1 Reasons for not working

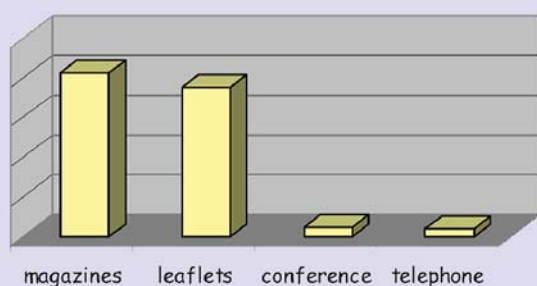


88% of respondents are taking medication for either psoriasis or psoriatic arthritis and of those just under 50% are taking methotrexate.

58% of respondents are taking medication for another condition and of those that responded 42% are taking medication for blood pressure problems.

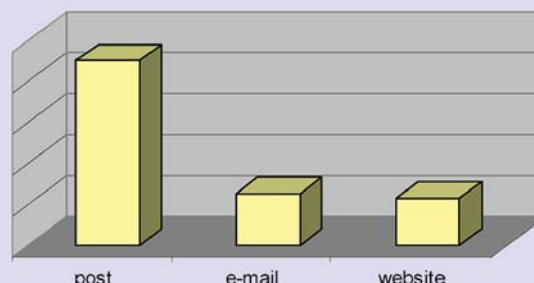
When asked what information people have found most helpful from the PAA (Fig 2), 82% found the skin 'n' bones connection journal the most helpful, 73% found the leaflets most helpful, 5% the conference and 4% have found the telephone helpline the most helpful.

FIG. 2 Most useful from the PAA



When asked how people would like to receive future PAA information (Fig 3) 90% would like to continue to receive it by post, 25% would like to receive it by e-mail and 23% would like to download it directly from a website.

FIG. 3 Delivery of information



76% of respondents have access to a computer and of these 76% are using Windows XP®. 95% have access to the internet with 77% having a broadband connection.

68% of respondents with an internet connection access information relevant to their condition via the internet and just over 50% think the information available is very good.

The respondents have more confidence in health information obtained from charitable and NHS sites with least confidence in information obtained from chat rooms.

37% download information on a monthly basis. Most people's requirements for an ideal website are regular updates and easy to use.

58% of people are happy with the information coming from the PAA

Only 18% of people would be prepared to pay for downloading information.

16% of respondents subscribe on-line and 48% purchase products on line with over half purchasing monthly.

58% of people are happy for information sent to be identified as coming from the PAA.

Most people who have subscribed on line before have lapsed the subscription because of on line security issues or because the product/service is no longer useful or needed.

Nearly half of those respondents who purchase on line expect products to be discounted, they expect to receive more special offers and they find on line purchasing more convenient.

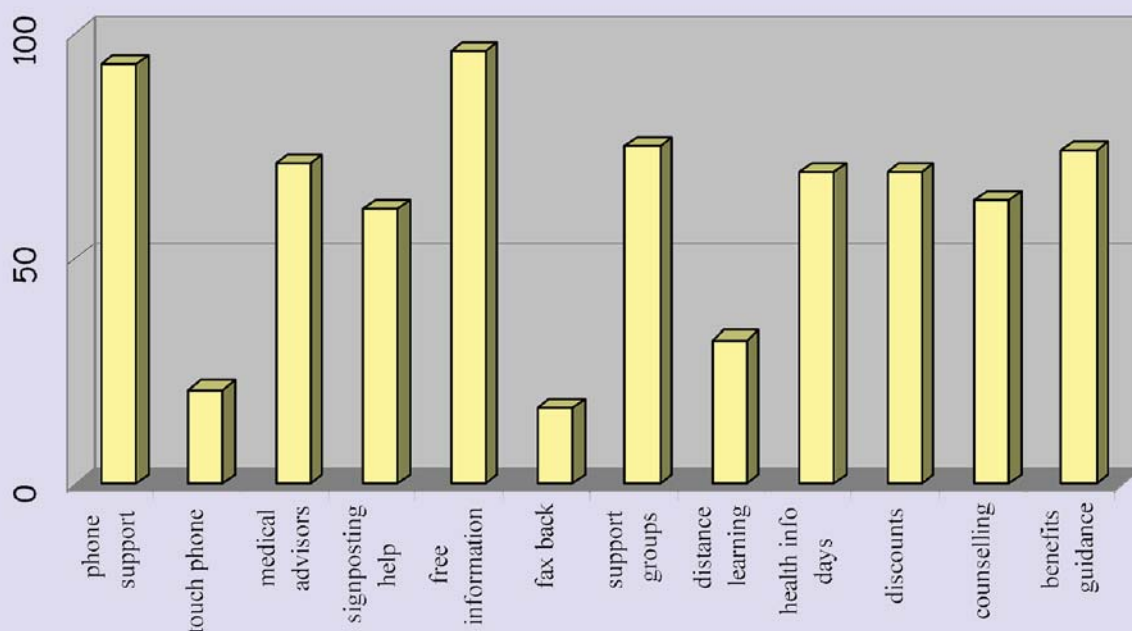
24% of respondents felt that they would be pressurised into giving if they subscribed to a voluntary organisation. Most of these thought they would be pressurised through constant appeals.

The respondents were asked what services they would expect to access from a charitable service provider.

Nearly 80% would expect to receive free information on health related topics with just over 70% expecting telephone support. (Fig 4)

FIG. 4

Expectations from a charitable organisation



41% of respondents would consider a distance learning course

Of those respondents:

All would use it to learn more about their condition for personal use.

All would use it to learn more about coping/ mechanisms/strategies

37% would use the course to become a tutor/educator

36% would use the course to enhance their work

70% would prefer short bite size modules

45% of respondents understand the concept of virtual distance learning

41% of respondents would enrol for such a course if it was free and 26% would be prepared to pay

83% of respondents use hospital services.

Of these respondents 60% say their medical team take into account their other illnesses with regards to treatments, 78% say their dermatologist/rheumatologist communicates with their other health care providers and 95% felt their GP was happy to refer them on.

Most people are monitored by the hospital

Most people are monitored by the hospital with 90% using NHS services.

30% have private health care insurance.

75% feel that their illness affects their family unit.

60% feel their hospital department provides them with enough information about their conditions and 78% feel they are provided with enough information regarding their treatment.

99% feel that their hospital appointments are made at convenient times for them.

36% take time off from employment for medical appointments but all of these say that their employer understands and is sympathetic to this time off.

27% have experienced job discrimination due to their illness.

Of the respondents that use hospital services they felt their health care was:

Very good - 33%

Good - 35%

Satisfactory - 25%

Poor - 6%

Very Poor - 1%

Of those that answered the questions if you could tailor make healthcare systems what would you do? 41% said they would like more consultation time.

13% of respondents have been prescribed anti-tnf biological therapies.

General advice to consumers

- Remember that herbal remedies are medicines. As with any other medicine they should be used with care.
- Any medicine – herbal or otherwise – has the potential to have adverse effects.
- Before you take any herbal medicine you need to be sure it is the correct product for you.
- Remember that natural does not mean safe. Many plants can be poisonous to humans. Many pharmaceutical medicines have been developed from plants because of the powerful compounds they contain.
- Herbal remedies can interact with other medicines. This could result in the other medicines having reduced or enhanced effects, including side-effects. When consulting your doctor or pharmacist about your health always tell them about any herbal medicines you are taking.
- As with all medicines, keep herbal medicines out of the sight and reach of children.

Are any particular groups at risk?

In many cases the safe use of herbal medicines has not been established in:

- pregnant women
- breastfeeding mothers
- children
- elderly.
- Therefore caution should be taken about use of herbal medicine in pregnancy, when breast feeding or in children/elderly.
- If you are due to have a surgical operation always remember to tell your doctor about any herbal medicines you are taking. Some herbal medicines could alter the effects of anaesthetics or other medicines during surgery.
- Anyone with a history of liver complaints or any other serious health condition is advised not to take any herbal medicine without speaking to their doctor first.

Which herbal medicines have been assessed by the Regulator?

- Look for **PL** or **THR** on the product labels. Herbal medicines licensed in the UK have a **PL** (product licence) number on the label.
- Traditional herbal medicines registered in the UK have a THR (traditional herbal registration) number on the label. The first registered products under this new scheme are expected to reach the UK market in the coming months.
- Both these kinds of medicines are regulated by the MHRA and meet assured standards.
- Other herbal medicines on the UK market have not been assessed by the MHRA.
- How can I tell if an unlicensed medicine is made to acceptable standards?
- Consumers should be aware that unlicensed herbal medicine on the UK market have not been assessed by the MHRA as to their safety, quality or patient information.
- There is evidence that standards vary considerably in the unlicensed sector. It is likely that some companies manufacture products to good standards. However, there is also evidence of poor or patchy standards in parts of the sector. Information about this is regularly published on the MHRA's website in 'Herbal Safety News'. I
- It is not generally possible for consumers to identify which unlicensed medicines are made to acceptable standards. However, there are a number of pointers, in particular from the product information, which may be indicative of poor or unreliable standards.

Advice for consumers when buying unlicensed herbal medicines

- Treat with caution claims about safety that are not backed by credible evidence. Be wary of products making claims such as
- The herbal remedy is "100% safe"
- Herbal remedies are "safe because they are natural"
- This herbal medicine "has no side effects"
- "Chinese medicines will not interfere with the effects of any western medicine"
- You can avoid Chinese medicines interfering with other medicines if you take them an hour apart.
- Be wary of any unlicensed medicine suggesting the consumer should stop taking, or change the dosage of, a prescribed medicine. The MHRA advise you not to follow such advice - you should always consult your doctor about making changes to your prescribed medication
- Treat with caution any unlicensed herbal medicine that makes medicinal claims for the product (that is claims to prevent, treat or cure illnesses). These claims will not have been assessed by the MHRA and could be misleading
- Be wary of any product if:
- It is not labelled in English
- It does not have information about safe usage
- The herbal practitioner cannot or will not give a list of ingredients.
- Apparently similar unlicensed herbal medicines may be accompanied by different patient information. Do not assume that the medicine with fewer warnings is necessarily safer to use.

Buying herbal medicines over the Internet

- There is an international trade in poor quality unregulated herbal products. Unlicensed "herbal" products in the UK and elsewhere have been found containing banned pharmaceutical ingredients, heavy metals. Products may contain harmful herbs that are not permitted in the UK. Be aware that unlicensed herbal medicines manufactured outside the UK may not be subject to any form of effective regulation.
- If a product refers to licences granted in other countries there may be no guarantees that the product actually complies with requirements or that standards applied in other countries match those that a UK consumer would expect from regulated products.

What to do if you think you have had an adverse reaction to your herbal medicine?

- All medicines, including herbal medicines, may cause side effects or unwanted reactions.
- If you think you have had a reaction to your herbal medicine, you should discontinue use and tell your doctor or pharmacist.
- If you think you or someone else has had an unwanted or harmful reaction after taking a herbal medicine (commonly referred to as a suspected adverse drug reaction), we would like to know. This will help us give advice to other patients and healthcare professionals - and will help us make sure herbal medicines in the UK are safe.
- You can report a reaction yourself directly to us using a system called the Yellow Card Scheme.
- This can be done online or by filling out a paper yellow form which is available upon request by calling 020 7084 2000.
- Alternatively, you can ask your doctor or pharmacist to report the reaction on your behalf.
- Any information received by us will be held in complete confidence and your personal details will not be given to anyone else without your permission.

What medicines can be bought over the Internet?

The established way to obtain medicines is from a pharmacist. Increasingly, however, purchases are being made over the Internet.

Anyone contemplating purchasing what may be a prescription only medicine is strongly urged to consult his or her doctor, rather than purchase the medicine direct from an Internet supplier without a prescription.

It is important to take great care when buying medicines over the Internet, particularly if the medicine concerned would normally only be available from your high street pharmacy.

The main areas of concern relate to the fact that if buying prescription only medicines over the Internet:

- they need not have been prescribed by a healthcare professional;
- there may not be checks and controls on the quality and effectiveness of medicines supplied; and
- there may be no legal recourse in the event of problem.

In the UK, medicines are categorised in various ways. They can be bought without restriction, which is known as 'over-the-counter', with advice and certain restrictions from a pharmacist and, where medicines are particularly potent, on prescription only. These medicines can be safely used only under the care and supervision of suitably qualified healthcare professionals, who are able to advise on potential side effects, interactions with other medicines and on safe dosages.

Where can I find out if a medicine is a prescription only medicine?

The best way is to check with your retail pharmacist.

Should I buy medicines over the Internet?

The Internet provides a channel for purchasing goods and services unrivalled in terms of access and convenience. It is being used by more and more people and is making a significant contribution to society.

In recent years, there has been an explosion of websites offering medicines for sale via the Internet. Many of these websites originate from outside the UK and are therefore not regulated by UK authorities. Purchasing Prescription only Medicines from unauthorised sources significantly increases the risk of obtaining substandard/fake medicines.

The Royal Pharmaceutical Society of Great Britain is looking for online pharmacies to take part in the pilot of a new logo designed to help the public identify whether a specific website is linked to a bona fide, registered pharmacy or not.

The logo will not only provide a visual means to help patients identify whether a website is connected to a registered pharmacy, but it will also provide a direct link to the RPSGB's website so that by clicking on the logo, visitors can verify the registration details of both the pharmacy and the pharmacist(s) behind the site.

Internet pharmacy is an area of rapid growth and it is recognised that the increased provision of internet pharmacy services undoubtedly improves patient access and choice of pharmacy services, the nature of the world wide web is such that some medicines are now readily available from online suppliers who have no professional qualifications or healthcare expertise. The RPSGB's policy is that the public benefit from the opportunity for advice from a pharmacist when they have a medicine supplied.

The RPSGB's Code of Ethics currently requires that pharmacy websites display:

- the name of the owner of the business
- the address of the pharmacy at which the business is conducted
- the name of the Superintendent pharmacist where applicable
- details of how to confirm the registration status of the pharmacy and pharmacist.

If the pilot is successful, the RPSGB hopes to roll out the logo to all registered internet pharmacies.

How can you allow prescription only medicines to be sold over the Internet?

Legal controls of medicines are in place in the European Community to safeguard the health of the public and to ensure the suitability of products for public consumption.

The Internet has no boundaries. When making purchases over the Internet it is difficult to know from where the product is being sourced – it could be anywhere. We can only regulate Internet sites that are based in the UK.

However, we still have concerns about the availability of medicines

over the Internet, particularly prescription only medicines. This is because in many cases the people that offer prescription only medicines for sale over the Internet are not qualified healthcare professionals and may not require patients to present a prescription.

People who acquire medicines without the benefit of a consultation with an appropriate healthcare professional risk being supplied with medicines that are not safe or not suitable for them to use.

Prescription only medicines should only be taken in consultation with a healthcare professional. This is particularly important when you are simultaneously taking other medicines because interactions between medicines may cause side effects.

In addition any medicines, whether prescription only or not, if purchased over the Internet may not meet UK regulatory and quality standards. They may be past their 'sell by date' in which case their effectiveness will be reduced.

If purchases are made over the Internet, and, as is often the case sourced from outside the UK, patients have no legal or other recourse if the products are not effective or prove to be harmful.

What are you doing about it?

The MHRA Enforcement Team continually monitors Internet sites, especially those known to be selling prescription only medicines.

Spot checks are made to see if the Internet sites selling prescription only medicines are based in the UK. If so, we are then able to take action; a number of prosecutions have taken place. We refer overseas sites to the appropriate regulatory body in that country.

In association with the UK government and with other regulatory and health bodies, we are working to ensure that there is proper guidance to support the safe purchase of medicines over the Internet. We are playing a key role in a Department of Health working party on the sale and supply of medicines in the UK which will determine the legal and proper way to buy medicines over the Internet.

The above moves are intended to reconcile the increasing trend towards electronic commerce, including the growth of e-pharmacies supplying prescription only medicines, with the protection of patient safety and public health.

The best way is to check with your retail pharmacist or GP

MHRA

Medicines and Healthcare products Regulatory Agency

"Is an executive agency of the Department of Health. It aims to enhance and safeguard the health of the public by ensuring that medicines and medical devices work and are acceptably safe. No products are risk free. Under-pinning all our work lie robust and fact-based judgements to ensure that the benefits to patients and the public justify the risks."

For further information please contact:

www.mhra.gov.uk

Telephone 020 7084 2000 (weekdays 09.00-17.00).

Email: info@mhra.gsi.gov.uk, Fax: 020-7084 2353.

Market Towers, 1 Nine Elms Lane,
London, SW8 5NQ.

About Moorfields: 200 YEARS OF EXCELLENCE

Founded in 1805, London's Moorfields Eye Hospital is the largest specialist eye hospital in the world.

270,000 patients are treated each year across the entire range of ophthalmic specialities. And in partnership with the Institute of Ophthalmology, they also lead the world's most extensive ongoing ophthalmic research programme, achieving the highest possible 5* score in all recent assessment ratings.

On Moorfields website you can find information about Moorfields Private's facilities, their consultants, plus basic guidance and treatment options for common conditions

Moorfields are also pleased to offer patients the additional convenience of treatment in their private wing, with well-appointed facilities for day cases and overnight stays. For refractive surgery patients, a brand new Moorfields Private outpatient facility, The Arthur Steele Unit, has just opened.

Rapid Access Clinic

Moorfields Private has recently opened a Rapid Access Clinic in Wimpole Street in central London.

The clinic offers patients appointments with consultant ophthalmologists within 48 hours. Their consultants have experience in all aspects of primary

care, cataracts, glaucoma and medical retina.

For Children

At Moorfields, their specialist children's unit aims to make your child's stay as happy and home-like as possible. Within a reassuring setting, their consultants and clinical teams provide a level of care that fully supports their worldwide reputation as a centre of excellence for childhood eye conditions.

Moorfields' expertise and experience in treating these often rare conditions means they are the automatic first choice for many parents who need to know their child is going to receive the very best care and service possible.

In addition, Moorfields paediatric wards are staffed by registered children's nurses, and make use of a full playroom supervised by qualified play specialists. If a child needs to stay overnight, one parent is asked to join them, for whom they will also provide accommodation.

Parents can find further information on specific conditions within the Moorfields NHS web site.

How can I contact a specific consultant?

By telephone: You can find the telephone number for a specific consultant as part of their profile.

By post: You may write to a consultant using the address below.

[Name of consultant], Moorfields Eye Hospital, City Road, London, EC1V 2PD

By email: At present, Moorfields' web site does not list individual consultants' email

addresses or link to their web sites.

How do I get to Moorfields Private?

Private patients are treated at either of two sites.

The Cumberlege Wing is for inpatient and day care, and is based on the 4th floor at Moorfields Eye Hospital, City Road, London.

Our outpatients' clinic, the John Saunders Suite, is based in Bath Street, close to the main hospital site.

How can I be referred to Moorfields Private?

You do not need a referral to see a Moorfields Private consultant. If you know which consultant you would like to see, please contact their private secretary to make an appointment or receive further information.

If you want to benefit from Moorfields Private's unique level of care and expertise, but are unsure which consultant you should see, please contact and Moorfields will make an appointment with the most appropriate doctor for you.

Additionally, your GP or regular doctor can also send a letter of referral to a consultant at Moorfields.

Does Moorfields Private offer laser corrective surgery?

Yes, Moorfields has some of the world's most experienced consultants in this field, offering a range of procedures.

Can Moorfields carry out cosmetic treatments?

Yes. Moorfields offers a number of cosmetic procedures including eye bag removal and eye-lifts. Unlike some clinics, at Moorfields these procedures will always be carried out by specialist oculo-plastic surgeons with wide experience in treating medical eye conditions.

Is there a specialist at Moorfields who can treat my particular condition?

All our consultants are listed on the website with a brief summary of their specialisms and areas of interest and



About Moorfields: 200 YEARS OF EXCELLENCE

experience. Moorfields can assist you in recommending the most suitable consultant for your needs.

Will my health insurance pay for treatment at Moorfields Private?

The majority of UK medical insurance policies are accepted. Please check with your insurer to determine which types of treatment are accepted under the terms of your policy.

I don't have health insurance, can I pay for my own treatment at Moorfields Private?

Yes, patients who are paying their own account are very welcome. Treatment fees will need to be paid in full, in advance. Please be aware that hospital fees are charged separately, and that you will additionally need to pay a fee to the consultant who treats you.

Does Moorfields Private cater for patients from overseas?

We are very pleased to welcome patients from overseas, and treat a large number every year. Language and dietary needs can be arranged in advance.

I am looking for information on a specific condition

The website includes overview information and treatment options for *cataracts, glaucoma, age related macular degeneration, and laser refractive surgery*.

However, Moorfields treats all eye conditions, and the website includes a full list of consultant specialisms.

I have already been treated at Moorfields Private: where can I find aftercare information?

The Moorfields Eye Hospital NHS Foundation Trust website contains basic information on aftercare, and you can also find more on the NHS Direct website.

Moorfields offers a telephone helpline run by specially trained nurses to deal with ophthalmic related queries and

problems. If you would like to speak to one of the nurses, please call Moorfields Direct on 020 7566 2345. This service is available 9am to 5pm, Monday to Friday.

Private patients are encouraged to contact Moorfields Private directly if they have an urgent inquiry regarding aftercare for their treatment.

Should I bring someone with me when I go into Moorfields Private?

You can certainly bring someone with you when you go into Moorfields Private, whether you are going in as an outpatient or for day surgery.

If you are going into Moorfields Private for day surgery, one relative, friend or escort is welcome to stay on the ward. There are, however, no facilities on the wards for children accompanying escorts. If your escort prefers to leave the ward and go back to collect you, the nursing staff will be happy to telephone them when you are ready for discharge. Cold and hot drinks and snacks are available for escorts in the hospital.

Can I travel to Moorfields Private on my own, and will I be able to drive home?

You are advised not to drive to appointments as some of the tests involve you being given drops which make your pupils wider and can make you dizzy.

If you are going in for day surgery, it is better to be accompanied by someone to help you get home. This is especially important if you are having a general anaesthetic, as you will need to be picked up and taken home, and if possible have someone stay with you overnight. If you are having a local anaesthetic, you can travel on public transport but someone responsible should

preferably accompany you.

Will I/my escort be able to buy food and drink at Moorfields Private?

At the City Road site, the Friends of Moorfields run a shop which sells newspapers, toiletries, confectionery and sundries (not cigarettes). This is situated on the ground floor in the Outpatients Hall. The shop is open from 9am till 5pm.

There is also a coffee shop, open from 9am to 4.30pm, also situated in the outpatients area on the ground floor. The coffee shop sells hot and cold food and drinks.

There are also vending machines for snacks and cold drinks.

Sourced from www.moorfields.nhs.uk

NOTE FROM EDITOR:

A fact sheet is available from PAPAA called *Psoriatic Arthritis and Eyes*. Please contact us for free copy.

Contact Details:

Rapid Access Clinic

Telephone: +44 (0) 207 935 1793 or

email Amy.Sprout@moorfields.nhs.uk

Moorfields Rapid Access Clinic

8 Upper Wimpole Street, London, W1G 6LH

How can I contact Moorfields Private?

For general inquiries, you can contact Moorfields Private in the following ways:

By telephone: +44 (0) 202 7566 2803

By email: private@moorfields.nhs.uk

By post: The John Saunders Suite,
Moorfields Eye Hospital, City Road,
London, EC1V 2PD.



Psoriasis is a skin condition which usually takes the form of itchy red patches which show fine silvery scales when scraped, rubbed or scratched. These patches may appear on just a few areas of the body or scalp or they may be very extensive. Psoriasis is uncomfortable, and can also itch, and can often be embarrassing but it is not contagious.

Many of those who have psoriasis find that the sun helps to improve their skin's appearance. For many the change is dramatic, with the red scaly patches almost disappearing altogether during summer months in a warm climate.

I AM TOO EMBARRASSED TO SUNBATHE

People with psoriasis often face a dilemma - they have heard that the sun is good for their condition, yet are loathed to reveal any more of their skin than they are absolutely obliged to. You aren't alone if you are one of those who wear polo necks, long sleeves and trousers or leggings even on the hottest summer days and never sunbathe.

WHY THE SUN MAY HELP

The benefit for psoriasis comes from UVB, one of the forms of ultraviolet light (UV) that comes from the sun. There are three forms: UVA, UVB and UVC. Short wavelength UVC is absorbed by the ozone layer of the atmosphere and doesn't reach the earth's surface at all. The ultraviolet light that does reach us is mainly long wavelength UVA with some intermediate wavelength UVB, it is the UVB rays which help psoriasis.

UVB starts the tanning processes and it is this reddening effect immediately after exposure to the sun that is the healing element in psoriasis. However, too much UVB is not a good thing because it burns. Even UVA is not harmless and too much of both can prematurely age the skin and increase risk of skin cancer, so you really need to take care even if you do find that sunshine helps your skin. You are at highest risk if you are fair or red-haired and your skin does not tan easily, so take care, take precautions and be sensible about your sun exposure.



Because ultraviolet light is so effective for so many with psoriasis, it is often used in various artificial forms by doctors. Ultraviolet treatment with a sun-lamp is often given in hospitals for plaque psoriasis (the most common type) and guttate psoriasis. In severe cases of psoriasis, dermatologists may use a treatment known as PUVA - P for psoralens plus UVA. Psoralens are chemicals found in certain plants which make the skin respond to UVA, the least dangerous form of UV light.

IS YOUR PSORIASIS BEING TREATED EFFECTIVELY?

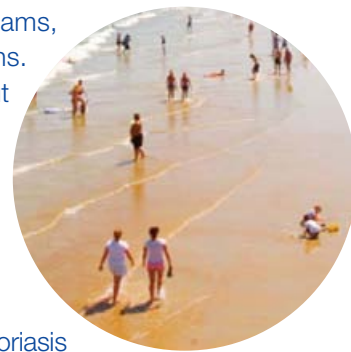
If you have psoriasis, it is important that you visit your doctor regularly to make sure your treatment is effective and to change it if necessary.

No cure yet exists for psoriasis so the main aim of treatment is to keep the condition under control, usually by reducing the rate of proliferation of skin cells. Most people can be treated by their GPs with topical treatments.

TOPICAL THERAPY

TAR PRODUCTS:

These are the oldest treatments for psoriasis and include gels, creams, shampoos and bath preparations. Tar products can be effective but are limited by being smelly. Most will stain skin and clothes which may mean that people don't use them as often as they should.



TOPICAL STEROIDS

These agents are effective in psoriasis and are clean, non-irritant and quick acting. Creams, ointments and scalp preparations are available. However, topical steroids can cause thinning of the skin leading to bruising and other unwanted side effects.

DITHRANOL

Dithranol is effective when used correctly and may be used long-term. It is normally recommended as a "short contact" procedure in which dithranol is applied daily to plaques and removed after half an hour. The process can be time consuming since great care must be taken when applying the dithranol and washing it off. This level of care is necessary because dithranol can cause irritation to the skin. For this reason it is not recommended for the face, flexures and genital region. Dithranol oxidises in the air to a purple-brown dye which can stain skin and clothes.

VITAMIN D ANALOGUES

Calcipotriol, calcitriol and tacalcitol are the more recent treatments for psoriasis. Available as a scalp solution, cream and ointment formulations. They have an advantage over many other treatments because they are odourless, non-staining and convenient to use as well as effective.

OTHER THERAPIES

Other therapies may be used for more extensive or incapacitating psoriasis under the supervision of a hospital Dermatologist. These include systemic therapies including methotrexate, etretinate, cyclosporin and newer biological treatments. Whilst these therapies are often very effective, they can have severe or unpleasant side effects.

and the Sun

SUN PROTECTION: 73% of people don't know what UV stands for!

A RUB IT IN CAMPAIGN street survey revealed that 73% of people admitted to not knowing what UV stands for. Further still, 85% had no idea what the differences between UVA and UVB rays are and only 65% knew whether their sun lotion protected against both UVA and UVB rays.

RUB IT IN, the campaign to raise sun awareness and scrap VAT on sun protection products, wants to get the UK to wise up to UV protection. Wherever you enjoy the sunshine, UV protection is a must.

A good quality sun lotion is essential but it should not be your only defence against harmful UV rays. From sun lotion to supplements via goggles and swimsuits with UV protection, here are five hot tips to keep you protected all summer long.

SUN LOTION: RUB IT IN should be the buzzword for the Summer – sun lotion is our best defence against skin cancer. Delph sun lotion is one of the very few brands of sun lotion listed on the UK Drug Tariff, meaning that it has passed strict medical tests that prove its efficacy. At under a fiver, Delph is also one of the cheapest brands around so there's no excuse not to

Brand new, totally natural and really bad news for bugs, DEETfree natural's herbal insect repellent is tipped to be this summer's essential purchase.

So natural you can drink it, DEETfree is proven to be 100% effective for up to 2.5 hours. Also available infused into sun lotion and after sun, DEETfree is suitable for the whole family!

SWIM SAFE: Leading Australian swim brand Zoggs has designed a range of Sun Protection swimming gear for your little nippers. Products in the range include Floatsuits, Rash Vests, Hats, one-piece suits and protector socks all with a UPF factor of 50+ designed to protect from the harshest sun!

COVER YOUR EYES: When it comes to sunglasses, some brands offer better UV protection than others. Make sure you get good quality ones that give you the best protection for your eyes. Consult your optician for further advice. www.rubitinuk.com

SUN PROTECTION – IT COULD SAVE YOUR CHILD'S LIFE

In the last few years we have all become more aware of the dangers of spending too much time in the sun but just how much is too much? And what can we do as parents to ensure that our children aren't put at risk of developing skin cancer?

A glowing sun tan is often thought of as a sign of good health but it is in fact a symptom (or body warning mechanism) that the skin is trying to protect itself from further damage. As babies and children have thinner skin than adults and less protective skin pigment, they are at much higher risk of damage. Just one occasion of blistering sunburn in childhood can double the chance of developing a serious skin cancer in later life and as this is now the most common form of cancer in the UK it is a very real threat to us all.

Doctors believe that these statistics could easily be reduced with increased awareness to the dangers of sun exposure and by taking appropriate preventative measures.

TOP FIVE TIPS FOR KEEPING YOUR CHILDREN SAFE IN THE SUN.

1. Stay in the shade during the hottest time of the day (11am – 3pm).
2. Invest in good quality SPF 50+ clothing.
3. Keep the neck and head covered with a wide brimmed hat.
4. Use a high SPF (at least factor 15) sun cream on all areas not protected by clothing.
5. Wear good quality sunglasses.

Although many effects of sun damage don't appear until later in life it is essential that we take action now – before it is too late.

SolarSafe ID wristbands help ease holiday worries about your kids!

SolarSafe UV Monitor Wristbands

Great for the outdoors, the unique wristbands act as identification bands in case you and your child become separated, and enable you to see at a glance your family's exposure to harmful UV radiation.

Waterproof, simple to wear and monitor, they couldn't be simpler to use:

- Write your contact details on the self-adhesive security sticker with the pen provided.
- Activate the wristband by exposing to direct sunlight – the band turns purple.

- Coat the band with the same sunscreen as applied to you and your family, appropriate for your skin types.
- Further colour changes warn to re-apply sunscreen or seek shade.
- Wear for the day and throw away!

Be Sun Safe, Be SolarSafe

SolarSafe UV Sun Monitor Wristbands cost £4.99 for a pack of 7 UV bands, 1 pen and 2 clasps and 2 ID stickers.

Available from all leading chemists and at www.solarsafe.com

Also available in Europe and the US



Champneys Road Tested

Yes, it was a daunting, intimidating experience, the chance to road test Champneys, one of the top league health spas in the UK, with its many spa resorts in Tring, Hertfordshire, Henlow Grange, Bedfordshire, Scotland, Leicester, and Goa, not to mention its city spas too.

But someone had to be brave and do it – to find out what its like being newcomers to the spa experience.

Champneys reputation is a huge one, well renown and has taken years to build on to what it is today.

We road tested Champneys at Tring. Long gone are the days of the tiny, but cosy wooden huts and the small toilet blocks, set in the lovely established grounds, overlooked by the Mansion house. Mind you some things still remain as a timeless reminder of bygone years, such as the local pub, the Greyhound, where many a Champneys guest used to sneak out for a drink and packet of crisps, in the days when Champneys was a strict health hydro of initial medical consultations, tailor-made diets and treatments and hot lemon water to detoxify you.

However, Champneys today is still very much health conscious but has also moved with the changing times. In fact Tring has just finished an extensive £14million refurbishment programme and boosts a host of activities and treatments

for the individual to get lost in, and yes, forget the outside world for a while. The little huts have been replaced by a modern, tasteful residential spa wing attached to the Mansion house.

For ordinary newcomers like us, we have to admit it does take a little getting used too, feeling that we too, can belong in such a refined environment and feel comfortable, and not guilty about de-stressing in such a lovely place just like the celebrities, rich and famous can.

The staff are determined to make you feel relaxed, even the most nervous of us,

by very nice therapists who are only too happy to explain about the many treatments available, or any concerns you may have in a way that's like talking to your friend, which again puts you at your ease. Yes you can get lost but don't worry the staff won't let you stray for long, they are around like your guardian angels for the day or your stay!!

The Spa hosts a huge variety of treatments to choose from with qualified, friendly therapists, and is spotlessly clean and tidy, with really polite staff everywhere you go.

Champneys has its own boutique for browsing and buying the odd magazine, and two well stocked shops, one selling Champneys own product ranges which is growing at a rapid rate. The other shop is stocked with an extensive range of Elemis products.

As newcomers we had to ask some of "those" questions we thought you may like to know the answers too!!

Do Champneys therapists recognize and understand that some of us get really nervous about our bodies? Yes they do, and do everything in such a professional, dignified way to make you feel relaxed. If you are getting undressed they hold the fluffy towels up high so nothing is revealed, and they you are covered swiftly to protect your modesty.

Yes, they have seen all shapes and sizes and do not give it a second thought, it is totally natural to them to make you feel relaxed and comfortable at all times.

They will give you lots of options during your treatments to suit you, like being left alone for some 'downtime' to relax and

Yes, they have seen all shapes and sizes and do not give it a second thought

and at the end of a spa day, you actually feel that they have achieved their goal, even how hard the challenge!

It has to be said that Champneys does have the best of both worlds, for those who are totally devoted to beauty treatments alone to those who want to experience pain relief for various ailments such as arthritis, to those who just need to de-stress in a cosseted environment without the hassles of daily life, to those who just want to accompany their partners for support and companionship.

The Spa can be confusing at first with its many corridors, but also enjoyable at the same time as you feel like exploring its hidden depths. Don't worry, you do however get a guided, informed spa tour first thing when you arrive to make you feel more comfortable about the surroundings



de-stress on your own, or if you feel a little nervous they will stay with you and chat.

If anything at anytime during your treatment does not suit you please tell them and they will do all they can to help and ease your concerns.

Don't be nervous if your psoriasis is bad, they understand and will accept you as your are.

Don't be put off by the Champneys website, don't get us wrong, it's a nice one but we did find one drawback which was a shame and that was when we were surfing it, we found it hard to find out more about the treatments offered. There were some we would have liked more information on, also fancied some but were put off by the contra-indications, which might have put us off trying them altogether. For instance, the dry floatation treatment, at first appeared interesting, but information on it was sparse. Now for someone like me who does get claustrophobic, seeing the code marked Claustrophobia really puts me off! However I was lucky enough to delve deeper and experience this treatment and I am glad I did, the information on the website did not do it the justice it deserves, it was lovely, calming, relaxing and not at all claustrophobic in the least. Your body just weightlessly lying in a lovely warm, cosy bed, tucked up with the lights down low and soft, calming music playing in the background for 25 minutes.

Again, the dry massage jet treatment is another that I was puzzled about, as there was not much information to adequately describe it – but again, once tried you want to have another. Lying on a bed in a warm room, while dry massage jets

pummel every bit of your body gently and firmly, unwinding all the tension from those aching joints and muscles.

If you want to experience Champneys for a day to see how you like it is a great opportunity, but we would suggest that you plan your treatment schedule carefully to get the most out of all of Champneys. It is so easy to want to get the most out of all the treatments and book loads that you do not at the end of the day end up relaxing at all, as you are too busy following the

**Don't
be nervous if
your psoriasis
is bad, they
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will accept you
as you
are.**

Schedule and becoming a prisoner to clockwatching! Book a few, enjoy them, then relax in the spa pool, go for a swim, go for a coffee, relax on a sun lounger, read a book, try one of the many relaxation classes, go browsing, sit in the gardens, or just explore, but whatever you decide to do, take time out to enjoy the experience in a balanced way.

So what happens then? Well firstly you decide to give it a go, then you either ring up or write for some more details on Champneys and the various packages it runs. Further details of these can also be



obtained from the website too. Then you decide on what treatments you would like to try. Book your day and package and also the treatments you would like, but remember if you are unsure of any, do find out more, its worth the time to find out, then pre-book them.

On your day of arrival, check in at main reception, they will then book you in and give you a plastic wallet with your locker key and schedule of times for your day. Once this is done you will be taken to the Spa area and greeted. This is where your day really begins. You will be shown your locker and then given a tour then the day is yours to relax. Depending on which package you decide to do, the day package normally finishes at 5.30pm where you go back to main reception, check in your locker key and gown and pay for any extras that you may have enjoyed during the day, then off back home to the real world.

Don't be scared, don't miss out and have a go, spas are not just for the rich and famous they are for all of us who work damm hard and deserve a treat once in a while, especially if you're living with a chronic, sometimes painful condition.
Julie Chandler and Caroline Marven.



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TO OUR READERS on any standard
day or stay tariff packages until
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08703 300 300 quoting
PAPAA to qualify
www.champneys.com

NHS Choices is launched

NHS Choices, a one-stop source of health information about conditions, treatments and hospitals designed for both patients and healthcare professionals has been launched.



According to the Department of Health, the new website allows the public to make their own, informed choices about their health and healthcare, including booking their own appointments and choosing which hospital to receive treatment at, and it provides a vehicle for patients to give immediate feedback on their experiences within the National Health Service. NHS Choices also offers a 'trusted' resource for voluntary sector workers, patient groups and carers to pass on information to patients not using the internet, the DH says.

The initiative is designed to satisfy the public's growing appetite for health information in a trusted, clear and concise

format while, at the same time, offering a source of authoritative and high-quality data for healthcare professionals to use.

Expert information

The site will host material from expert sources - such as NHS Direct, the Healthcare Commission and the National Electronic Library for Health and the Information Centre, as well as links to other reputable organisations - and it is hoped that it will therefore help to dispel certain treatment or condition myths and support healthcare professionals in helping the patient.

Information on the website will be presented in a variety of formats, including user-friendly printable guides to local and national services, televisual material and audio programmes. The idea is that this will "extend the reach of the information beyond those familiar with computers or the internet," and will hopefully offer new ways of tackling health inequalities, the DH explains.

To access NHS Choices go to the following web site:
www.nhs.uk

TAI CHI – De-stress - try something new

Why not try Tai Chi

Tai Chi is a series of exercises using movement, meditation and breathing to boost the flow of vital energy in the body, improve blood circulation and the immune system.

Why Tai Chi?

Tai Chi can have an extraordinary calming effect on the mind and is excellent for overcoming stress. It also thoroughly exercises all parts of the body, massaging the internal organs, and building suppleness and fitness gradually, without unnecessary strain and effort.

Tai Chi also:

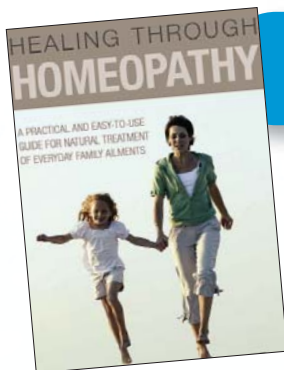
- Tones and revitalises the whole body
- Assists in the treatment of many conditions and can offer strength resistance to disease
- Relieves negative stress and anxiety
- Reduces blood pressure
- Promotes a feeling of centredness, wellbeing and balance
- Tones and revitalises the whole body

It is estimated that there are now around 300 million people in the Far East who practise Tai Chi daily for good health, vitality and to help maintain youthful vigour, even in old age.

Further details contact:

The Taoist Tai Chi Society of Great Britain.
Bounstead Road, Blackheath, Colchester, Essex CO2 0DE
Telephone 01206 576167, Fax 01206 572269
Email: webmaster@taoist-tai-chi-gb.org
Website: taoist-tai-chi-gb.org





HEALING THROUGH HOMEOPATHY

Latest research shows that two out of three consumers today use complementary medicines or would consider doing so.

Nelsons, founded in 1860, is a family-owned business with a long-standing commitment to supplying high quality, effective natural medicines worldwide, launches a new FREE guide for consumers called Healing Through Homeopathy. A jargon-free, practical guide – ideal for everyone. **Get your free booklet at www.nelsonshp.com**

Nelsons actively supports the need for appropriate regulation of natural medicines in order to protect the consumer and passionate advocate of an integrated approach to healthcare that draws on safe complementary and alternative treatments as well as mainstream pharmacological medicines

The MHRA National Rules Scheme for homeopathic medicines was introduced in September 2006. The scheme allows companies to include information about the treatment and relief of minor, self-limiting conditions based on the use of the product within the homeopathic tradition. For example, labels may indicate that a product may relieve the symptoms of common colds and coughs, hay fever or chilblains.

Homeopathic remedies are now widely available and can be found in many good pharmacies and health food stores. With changes in licensing regulations meaning packaging can now include information about the conditions the product treats, homeopathy will be easier for the consumer than ever before.

Travel insurance for people with pre-existing medical conditions

make the most of your freedom



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Monday to Friday 8.30am-5.30pm

Saturday 9.00am-12.00 noon

Freedom operates a donation scheme and supports many Charities and Hospital Trusts within the NHS.

freedom

Freedom Insurance Services Limited

www.freedominsure.co.uk

Freedom Insurance Services Limited (Registered in England No: 4399749) is part of NW Brown Group Limited and is authorised and regulated by the Financial Services Authority).

Puzzle Corner

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

7		9	2	6				5
		4			1			3
	3			9	4	2	1	7
			6			1		8
			3	4	5			
9		3			7			
8	4	2	7	5			9	
3			9			8		
5				3	8	7		6

Answers:

9	2	7	8	3	4	1	6	5
4	5	8	2	1	6	9	7	3
1	6	3	9	6	7	2	4	8
2	4	5	7	8	1	3	9	6
6	7	9	5	4	8	2	1	3
8	3	1	6	2	9	7	5	4
7	1	2	4	6	8	5	3	9
3	9	6	1	5	7	4	8	2
5	8	4	3	9	2	6	1	7

Childrens unwanted presents – a thing of the past

Gogoblin has launched the only site of its kind: designed specifically for children, free, completely safe and secure, and providing some great online shopping for the under 16s.

Millions of Christmas gifts gather dust in bedrooms all over the UK, an innovative website launches to ensure children receive presents they actually want...

This site is the first and only free children's wish list site, has launched in the UK as millions of unwanted presents received at Christmas are still languishing, unused, at the back of bedrooms.

Gogoblin aims to be the answer to every child's and parent's present problems: ensuring that a child gets what they want on their birthday or for Christmas, and that buyers don't waste their money buying unwanted gifts. It also means less of a logistical headache for mum: when she is asked what the kids want by umpteen relatives and friends, she can just direct them to his wish list.

The site also has a unique functionality for parents, where they can view and manage all the wish lists of children they are buying for - nieces, nephews, friends' children – and the important dates, in one place – Gogoblin's 'to-do list'. The site hopes to take the stress out of gift-giving for everyone – both the wishers and the givers.

www.gogoblin.co.uk

In July the National Institute for Health and Clinical Excellence (NICE) launched guidance on the use within the NHS in England and Wales of etanercept and efalizumab for the treatment of psoriasis, and etanercept and infliximab for the treatment of psoriatic arthritis (PsA).

There are few drugs that are specifically licensed to treat PsA, and this, combined with the fact that the condition is managed by a number of specialties, has resulted in widespread variations in practice.

The guidance on the use of etanercept and efalizumab for the treatment of psoriasis recommends:

The use of etanercept, within its licensed indications, as an option for the treatment of adults with severe plaque psoriasis when:

- Other treatments haven't worked (for example, ciclosporin, methotrexate and ultraviolet radiation) or;
- The person is intolerant to, or has a contraindication to, these treatments.
- Treatment with etanercept should be discontinued if the person's psoriasis has not shown a measured response after 12 weeks. Further treatment cycles are not recommended in these patients.

Efalizumab should be offered as an option for treating adults with severe plaque psoriasis if:

- Treatment with etanercept has not worked or;
- The person is intolerant of, or has contraindications to, treatment with etanercept.
- Treatment with efalizumab should be discontinued if the person's psoriasis has not shown a measured response after 12 weeks.

The guidance on the use of etanercept and infliximab for the treatment of psoriatic arthritis recommends:

Etanercept should be offered as an option for the treatment of adults with severe active psoriatic arthritis when:

- The person has peripheral arthritis with three or more tender joints and three or more swollen joints and;
- Other DMARDs, administered either individually or in combination, have not worked.

- Treatment with etanercept should be discontinued if the person's psoriatic arthritis has not shown a measured response after 12 weeks.

Infliximab should be offered as an option for treatment for treating adults with severe active psoriatic arthritis if:

- Treatment with etanercept has not worked or;
- The person is intolerant of, or has contraindications to, treatment with etanercept.
- Treatment with infliximab should be discontinued if the person's psoriatic arthritis has not shown a measured response after 12 weeks.

Andrea Sutcliffe, Executive Lead for the appraisal, said: "Psoriasis and psoriatic arthritis are both extremely distressing conditions. Indeed, psoriasis has been shown to affect health-related quality of life to an extent similar to the effects of other chronic diseases such as depression, heart attack, hypertension, congestive heart failure or type 2 diabetes. Psoriatic arthritis can also significantly impair a person's quality of life and cause disability and appears to be associated with an increased risk of premature death. By recommending the use of these drugs as options for the treatment of psoriasis and psoriatic arthritis in adults, the guidance from NICE will help people in England and Wales with these conditions to receive the best possible treatment."

About NICE

The National Institute for Health and Clinical Excellence (NICE) is the independent organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.

NICE produces guidance in three areas of health:

- public health – guidance on the promotion of good health and the prevention of ill health for those working in the NHS, local authorities and the wider public and voluntary sector
- health technologies – guidance on the use of new and existing medicines, treatments and procedures within the NHS
- clinical practice – guidance on the appropriate treatment and care of people with specific diseases and conditions within the NHS.

www.nice.org.uk

Q Dear PAPAA,

My condition seems to be worsening as I am getting older, to the point where I am embarrassed to go out showing my arms and legs, a huge problem in the summer.

I was eighteen when I wrote to you last, the condition is far worse, I am nearly twenty.

At the moment I have psoriasis for the most part on my arms and legs, and to a certain degree on my face. However I have noticed recently (over the last 3-4 months) that the psoriasis has also started to appear on my stomach, on my breasts and on my sides. This is the main reason for this letter as I feel that the condition is worsening.

I am not asking for a miracle cure, but would be grateful for help or information.

Yours RM

A Dear RM,

I was sorry to hear that you are having such a terrible time with your psoriasis. It sounds as though you should ask your GP to refer you to a Dermatologist urgently as there are many treatments available to you.

In the meantime, I would suggest that you wash using an emollient. You may also benefit from a weak topical steroid ointment if it is painful. When you see a Dermatologist they may recommend some treatment for you in the form of light treatment (phototherapy) or even tablets if it is very severe or inflamed.

Just to be reassuring, as you say in your letter, there is no cure for psoriasis but there are a multitude of treatments, which are very effective and should give you considerable relief from your symptoms.

With best wishes
Consultant Dermatologist

Q Dear PAPAA,

I'm hoping you may be able to help. I have had psoriasis for the past 10 years or so. My work place has recently moved to an air conditioned building. This has caused my psoriasis to worsen and it has appeared around my eyes for the first time. The health and safety rep at work is happy to support me to ease the problem. However the aircon can't be turned off.

Would you be able to point me to any advice on this? The health and safety rep suggested getting some kind of rehydrating machine near my desk.

Yours J
(Via e-mail)

A Dear J,

Thank you for your e-mail.

Whilst hot and sunny conditions may help clear psoriasis, as you have experienced air-conditioning can dry out the skin and even aggravate psoriasis. Extra moisturizing can help prevent this.

Yours
PAPAA

Dear PAPAA,

Thank you for the recent update information. Having had psoriatic arthritis for many years and exhausted many trials of different methods, I am now on a treatment of methotrexate and find myself lucky in the fact that my ugly sighting of psoriasis itself on my body and my scalp is now free. I am monitored at my local hospital regularly ie blood and blood pressure and any particular problems I may have are dealt with by the Rheumatology Nurse, which makes it so easy to handle. I look forward to the next Skin 'n' Bones Connection.

Yours,
MB

The Outside Clinic was established in 1987 and is now the longest established home visiting optician service in the United Kingdom.

All those who find it difficult to get to a High Street optician can now rely on The Outside Clinic's mobile opticians to provide an eye sight test to them, in the comfort of their own home. Their home visiting optician will provide a complete home eye test and offer a full dispensing service. A wide range of spectacle frames are available.

Their years of experience have enabled them to create an eye care system, tailor-made to the needs of the 'at home' patient.

The Outside Clinic is specialists in:

- Eye Test and Eyecare for Residential, Sheltered and Community Care Homes
- Private Individual Home Visit
- Spectacle dispensing aftercare
- Eye care and Eye health information
- Spectacle Frames Engraving
- Free sight testing for qualifying patients

In addition to a wide range of spectacles, their visiting opticians carry a number of vision aids, such as magnifiers, and daylight lamps, which can all be tried out when they come to visit you.

The Outside Clinic is the longest established, national, domiciliary optician in the United Kingdom. Their years in practice have enabled them to create an eye-care service that is tailor made to the "at-home" patient.

THEIR SERVICE:

On request, The Outside Clinic will organise an optometrist to examine your eyes in your own home. Their visiting optometrists are equipped to detect glaucoma, cataracts and other potential visual problems. They also provide helpful advice and assist with choosing the best frames and lenses when required. The spectacles are then manufactured in a dedicated laboratory.

A second appointment is arranged for the spectacles to be delivered; their optical dispenser will ensure the best possible fitting for you. They currently provide services for:

- Private Individual Home Visits
- Residential Homecare/Sheltered Visits
- Spectacle Dispensing

AFTERCARE:

Throughout the year, should you require any further assistance relating to your eyes or spectacles, you need only to Free Phone the Outside Clinic aftercare service. Their patients are never without optical care. Your optician will also record a re-test date for your next sight test. As soon as it is due we will call you to make the necessary arrangements. All our patients are attended to permanently, by professionals. You can contact aftercare on FREEPHONE 0800 854477

FREE SERVICE:

The Outside Clinic home visiting service is free, and sight-tests are free to all those patients who qualify. There is a free range of spectacles available to those who qualify, and also to those who are in receipt of appropriate benefits. In addition, a choice of other frames from their extensive range is available from as little as £10. For those paying privately, spectacles complete with single-vision lenses are available from £49.95.

For further information contact

Book an appointment: Freephone 0500 295 245

General enquiries: Freephone 0500 295 245



Handmaster Plus

The Handmaster Plus has been designed for hand muscle strengthening and balance and strengthens the muscles that close and open the hand in one continuous convenient exercise.

Use the Handmaster Plus to achieve maximum strength, balance and blood flow to the hand, wrist and elbow.

Poor performance, overuse and repetition injuries occur when muscle combinations are ignored and the body is prepared improperly for specific activities. Handmaster Plus can help with injuries such as tennis & golfers elbow, as well being applicable to musicians and those involved with sports such as: Bowling, Football, Golf, Climbing, Baseball, Basketball, Tennis, Hockey, Volleyball.

It can also be used in the workplace, particularly so for those working with computers, hairdressing, dentistry, cookery and carpentry.

Designed by a healthcare professional for daily outpatient use in the treatment protocol of any hand, wrist and/or elbow condition, including:

- Carpal tunnel syndrome
- Tennis elbow
- Golfer's elbow
- RSIs (repetitive stress/strain injuries)

- Tendonitis
- DeQuervain's syndrome
- Dupuytren's contracture
- Osteoarthritis
- Osteoporosis
- Stroke and neuropathy
- Post-surgical rehabilitation
- Sprain / dislocation / fracture rehabilitation
- Subluxation and adhesion
- Circulatory concerns



Handmaster Plus maximises strength, speed, balance, blood flow, lymphatic drainage and range of motion, and stimulates all peripheral nerves to the hand.

It is available in 3 strengths/levels of firmness:

Soft - for early rehab / weakness, Medium - for late rehab / wellness and Firm - for strength / speed training. From £8.50 ex VAT.

**For further information contact: Bodycare Products,
Northfield Road, Southam, Warwickshire CV47 0RD,
Tel: 01926 816155 - Fax: 01926 81610.**

Email: ask@bodycare.co.uk - www.bodycare.co.uk



**A number of leaflets
have been produced
which are available to
download for free. The
leaflets provide foot
health advice for
everyone including
children, diabetics and**

sports enthusiasts.

Leaflets

- Choosing the best shoes for your feet
- A guide to heel pain
- Caring for people with diabetes
- Buying shoes guide card

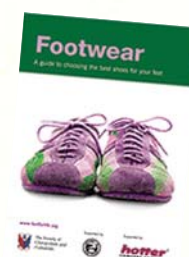
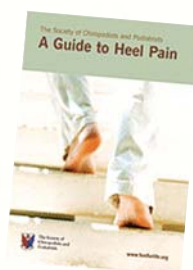
Booklets

- Looking out for children's feet
- Sporty feet - Footcare advice for anyone playing sports

The leaflets and booklets are Adobe Acrobat PDF files

which requires the free Adobe Acrobat Reader. It is recommended that you save these files to your computer for later viewing as some of them are quite large. To do this, right click on the required file and choose 'Save as' then choose the directory to store them in.

For your free copy of any of the above leaflets or booklets go to **www.feetforlife.org**



AN OLYMPIC STEP IN THE RIGHT DIRECTION

A new D3D Performance Insole is now available at www.physiosupplies.com. The shock-absorbing insoles have been developed alongside Olympic athletes to offer outstanding support for even the most energetic running and walking feet.

The foot is an amazing support mechanism for the body – but when a function of the foot is out of sync with the body's requirements, for example, if an individual over pronates (rolls the foot forward too far when walking, resulting in low arches of the foot) the stabilising role of the foot is compromised – subsequently leaving the body misaligned and open to pain from head to toe.

Over pronation, or flat feet, is a common biomechanical problem that occurs in walking when a person's arch collapses due to the weight it is bearing – most people over pronate slightly, while others do so more severely. This action can cause extreme stress or inflammation on the plantar fascia (connecting the heels bone to the toes), strain on the foot, ankle and knees, potentially causing severe discomfort and leading to other foot problems.

D3D Insoles are a revelation in orthotic prescription, moving the foot back to its natural position relieving chronic complaints and discomfort. D3D insoles are also tailored to the foot's natural functions, providing:

- A deep heel cup to stabilise movements at the heel and ankle
- A unique lift to stabilise the end of heel stance and reduce the degree of movement as the foot enters mid-stance.
- Ergonomically designed arch support specific to the

moving foot, lifting and supporting the entire arch profile.

- A "met' dome" to improve the integrity of the transverse metatarsal arch in the forefoot, reducing peak pressures and friction under the ball of the foot

Used by Olympic athletes for their demanding sporting needs, the D3D Performance Insoles are now available to everyone from www.physiosupplies.com at £26.99. Consult your Podiatrist for further guidance should you need insole advice.



BUYING SHOES

A straightforward guide

**The Society of Chiropodists and Podiatrists
www.feetforlife.org**

- Always have both feet measured for length and width.
- Ask if the assistant is a trained shoe fitter.
- A newly fitted shoe should be approximately 12-16mm longer than the longest toe
- Avoid slip-on shoes. Shoes should be held on the foot with laces, straps or Velcro fastenings.
- Heel height should be no more than 4cm. Lower for younger children.
- The heel should have a broad base and be made from a shock-absorbing material.
- Natural material uppers are best i.e. leather
- The toe area of the shoe should be foot shaped and also deep enough to allow the toes to move freely and not be squashed.
- The shoes should fit exactly around the heel.

THE BEAN

New all-in-one workout tool that offers the benefits of a stability ball, incline bench and back pain rehab device all rolled into one product.

Developed by a team of top exercise physiologists and endorsed by leading fitness experts, is the exciting new way to combine 4 workouts - Ab & Core, Total Body, Pilates and Bun & Thigh into one fitness tool.

It can eliminate those unwanted love handles and help you on your way to the body you've always dreamed of. Use it to tone up, slim down or just to keep yourself in the shape you've worked so hard to achieve. Together with the easy to use workout guide. It is suitable for every level from beginner through to advanced. By combining the benefits of a stability ball, incline bench and back pain rehab, it helps you target those problem areas; thighs, buns and abs. Use it for squats, crunches, push-ups and stretches. 7 minutes a day 4 days a week is all that is required and you will be on your way to the body you've always wanted

The Bean works the upper and lower abs, the oblique's, and the core all at the same time, working them faster, better and more effectively than any other

device of machine on the market.

The rocking motion of the Bean allows you to automatically combine three exercises in one: a crunch, a pelvic tilt, and a leg raise. You are increasing the effects on both the upper and lower abs, and its this rocking action that's doing all the work. The Beans super crunch makes your workouts more effective in less time. You get a crunch, pelvic tilt, and let raise with one rocking action of the Bean!

The Bean is an all in one workout tool that will not only help strengthen your core and give you flat abs fast, but also offers a total body workout. It is so versatile that you can use your Bean with other fitness programs to enhance your workouts and get incredible results fast. Use it as a better way to do Yoga or Pilates – the floor is no longer an option, and will support your back and neck 100%, so you have **NO BACK PAIN!**

For further information contact:
**TV Sports Shop Ltd., Martland Park,
Challenge Way, Wigan, WN5 0LD.**
Tel: 0870 005 3380
e-mail: jmorgan@jjbsports.com



Viva!

The safer, gentler way to remove earwax

Cleaning ears with cotton buds is at best unhygienic and, at worst, dangerous. They can push wax further into the auditory canal, cause painful infections and sometimes even deafness. Our ear cleaner, on the other hand, uses a CE-approved regulated vacuum action to do the job safely and very thoroughly. Thanks to its soft silicone tip, it clears out wax and other impurities without damaging the inner ear in any way. Ideal for all members of the family, it opens up for easy cleaning with the little brush provided. Each kit also includes 3 washable silicone tips, filter and storage stand. Uses 2 x AA batteries, not supplied. 5" (13cm) high. Pack of two kits.

£9.95.

For supremely soft hands and feet

Pamper dry, cracked or calloused hands with these innovative therapeutic gloves. They have a patented polymer gel lining that is heavily impregnated with a nourishing blend of grape seed and mineral oils, jojoba and vitamin E to deliver intensive hydration where you need it most. When worn for 10-40 minutes a day, the gloves make a huge difference fast. Gloves and socks offered in women's sizes only. Both effective for around 6 months' regular use. Specify white or green when ordering.

Moisturising Gloves £19.95. Moisturising Socks £19.95. Gloves & Socks £34.90.



Backchamp to Transform Treatment for Back Pain

Back pain is the single most common health complaint among British workers, with 70 percent of the entire adult population suffering at some stage in their lives.

A new product aims to transform the lives of countless back pain sufferers across the UK, introduced for home use.

Designed by one of the UK's leading back pain and pelvic realignment specialists, Backchamp is designed to be used for just a few minutes three times a day by squeezing and pushing the device between the knees outward and inward while lying on a flat surface.

Backchamp is an innovative system that offers swift remedial benefits to correct distortion of the pelvis, leg length discrepancy and twisting and tilting of the spine, which are the main causes of pain.

Using Backchamp back pain can be avoided and corrected. Without it misalignment puts enormous strain on the spine, nerve roots, muscles and specialised ligaments. When the pelvis is misaligned and no longer horizontal at the base of the spine – the spine twists above it in an attempt to maintain a healthy vertical position. In this state nerves become snagged, the inter-vertebral discs have more pressure placed upon them and muscles freeze-up to protect themselves, resulting in irritation, discomfort, burning and pain anywhere from the neck down to the knees and ankles.

The simplicity of Backchamp means it tackles the root of back problems – pelvic misalignment – and gets to work correcting the whole affected area instead of concentrating on just the point of pain.

It is safe, easy, affordable and best of all

lightweight and portable, enabling the user to take it anywhere!

Backchamp is available from www.physiosupplies.com at £83.99

Always consult your doctor or physiotherapist before purchase as this equipment may not be suitable for your particular back problems.

