



Skin 'n' Bone issue 44



Issue 44 of Skin 'n' Bones Connection is out now.

Articles in this edition include:

- Getting a diagnosis
- Psoriasis and psoriatic arthritis explained
- Psychological support
- NHS delays
- TREX2 gene
- Physical activity
- New campaign
- Addenbrooke's
- Share your story
- Writings on the wall
- Marketplace

... plus much more.

To read the editorial for this edition go to our [Psoriasis Shop](#), where you can, also order a copy of this and previous editions.

Updated leaflet for 2017

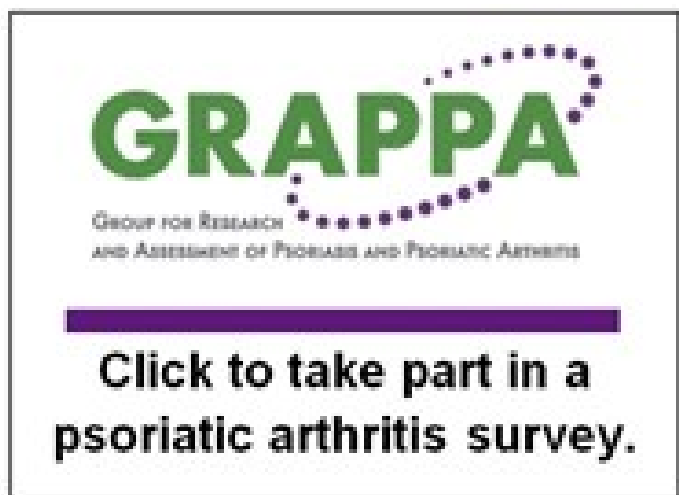


The challenges of living with psoriatic arthritis are widespread; just managing the physical symptoms of pain and fatigue are both difficult, add to this the lack of mobility and frustration of carrying out daily tasks can make life a daily struggle.

To prevent stiffness in psoriatic arthritis you can put joints through a full range of movements on a daily basis. To help you to attempt this, PAPAA has recently updated its popular Physiotherapy and Exercise for Psoriatic Arthritis booklet.

Peer reviewed by Rheumatology Clinical Specialist Diane Ellis and a panel of people with psoriatic arthritis, the updated material provides simple diagrams and instructions of appropriate exercises, advice on how to stay motivated and types of recreational exercises to add to a therapeutic programme.

The material is available [free as hardcopy and/or electronic download](#).



From the media

Should gluten-free foods be available on prescription?

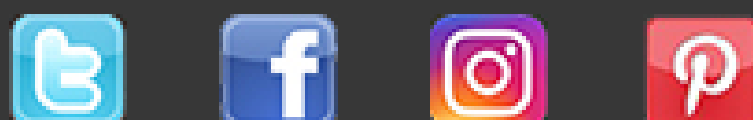
Authors in this British Medical Journal (BMJ) Head-to-Head article consider the pros/cons of prescribing gluten-free foods and whether they improve outcomes for people with coeliac disease, considering the costs associated with dispensing these products. [Read more](#)

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