



Nutrition and lifestyle

PAPAA's medical and scientific advisor Dr David Ashton MD PhD, has produced a new leaflet for us called ***Psoriatic Nutrition and Lifestyle***.

The material was peer reviewed by leading registered dietician Lyndel Costain BSc RD. Our lay review group also provided feedback and input.

The contents includes:

- About psoriasis and psoriatic arthritis
- Maintaining a healthy weight
- A Mediterranean diet
- Fish oil
- Vitamin D
- Physical activity
- Quit smoking and keep alcohol intake to a minimum
- Check list of lifestyle

To learn more [click here](#)



New psoriasis drug approved

In two separate recently published recommendations, the National Institute for Health and Care Excellence (NICE) and the Scottish Medicine Consortium (SMC), have given the go ahead for ixekizumab (Taltz) for moderate to severe plaque psoriasis in adults to be used within the NHS.

Ixekizumab is a biologic medicine for the systemic treatment of psoriasis. It is a humanised monoclonal antibody designed to selectively bind to and inhibit interleukin 17A (IL-17A), a pro-inflammatory cytokine. It will be offered as an option at the same time as other similar class biologic agents.

To learn more about [ixekizumab](#)

East Grinstead Triathlon



East Grinstead Triathlon
14 May 2017

Jo Chapman is taking part because " *I felt it was time to try and bring some awareness of a disease I knew nothing about until my significant other half (!) was diagnosed with it in August 2016*"

To support Jo visit her [JustGiving page](#).

London to Brighton event



London to Brighton
27 May 2017 to 28 May 2017

Clare Phillips is taking part in the 100km London to Brighton challenge, which is part of the Ultra Challenge Series. Claire is raising money for PAPAA in memory of her late mum Moira Bignell.

To support Claire visit her [JustGiving page](#).

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