

psoriasis - what is it

Psoriasis is a non contagious skin condition caused by an overactive immune system. This causes the skin cells to grow too quickly, resulting in inflamed, thick and scaly areas of skin.

The skin may be itchy or painful, and may bleed if scratched. It is estimated that 2 - 3% of the population have psoriasis. Most commonly, psoriasis first appears in early adulthood, but can occur at any age. Up to one third of patients with psoriasis will develop a form of arthritis.

The treatment for psoriasis can be very effective at clearing the skin but none are a permanent cure.



support the foundation

Our Foundation relies on the support of others to ensure we can continue with our commitment to providing world class care, education and research for skin disorders. See below for the range of ways on how you can support us.

fundraise

Start fundraising with friends and family. Sign up for an existing event in your region or create your own event with our online Foundation fundraising page. Simply visit our website and refer to the 'fundraise now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:
t: 03 9623 9400 e: fundraise@skincancer.asn.au

donation

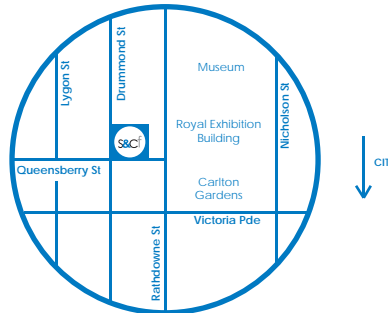
Donate to our cause today. All donations of \$2 or more are tax deductible. Simply visit our website and refer to the 'donate now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:
t: 03 9623 9400 e: donate@skincancer.asn.au

bequest

If you wish to make a bequest, a member of our Foundation is available to talk with you regarding your preferred option in addition to discussing our recognition of support program.

t: 03 9623 9400 e: bequest@skincancer.asn.au



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DISCLAIMER: Content in this brochure is provided for general information only. It is not intended as medical advice, and should not be relied upon as a substitute for consultations with qualified health professionals who can determine your individual medical needs.

biologic clinic



the skin & cancer foundation inc

The Skin & Cancer Foundation Inc is Australia's leading specialist dermatology centre. It is a not-for-profit organisation specialising in the treatment, education and research of skin disorders.

Established in 1987, the Foundation offers patients peace of mind knowing that their skin is in expert hands. The Foundation provides the best in dermatology industry standards, and professional advice.

biologic - what is it

Biologic therapies for psoriasis have been available since 2004 and are approved for the treatment of moderate to severe plaque type psoriasis.

A biologic is by definition a protein derived from living sources designed to imitate or block the actions of naturally occurring proteins. Well known examples of biologics include insulin and human growth hormone.

In psoriasis, biologics act to block the action of message signal chemicals, produced by immune cells, that are important in driving the inflammation in the skin or the excessive skin cell turnover.

These medications may be given by an infusion directly into a vein or by injection under the skin. Injections under the skin can be administered by patients once they are taught how to inject. The frequency between injections or infusions depends which biologic is chosen and varies from 1-12 weeks.

the biologic clinic

The Biologic clinic is one of a number of speciality clinics, which operate at the Skin & Cancer Foundation Inc. It is one treatment method for Psoriasis.

the biologic clinic team

The Biologic clinic is run in conjunction with the Phototherapy clinic by Consultant Dermatologists and a team of Dermatology Registrars and Nurses.

during your consultation

On the day of your initial consultation you will be seen by a dermatology registrar, at least one of the Dermatologists, and a nurse.

They will assess your condition and determine your suitability for biologic therapy. The team will discuss treatment options with you and fully explain your treatment plan.

You should allow at least 60 minutes for your first appointment.

qualifying for biologic treatment

There are a variety of standard treatment options for psoriasis that you must have tried before the Government will grant approval for a biologic treatment.

All past treatments need to be well documented and it may be necessary for us to see more information from your referring Dermatologist. Sometimes it is necessary to repeat previously unsuccessful treatments.

For safety reasons you also need to have a series of blood tests and X-rays prior to commencing.

follow up

Once established on treatment, you will be required to attend every three months for ongoing management.

It is very important that you attend all scheduled appointments. These visits will determine response to treatment, monitor safety and complete necessary PBS paperwork to provide ongoing treatment.

A failure to attend when scheduled may result in ineligibility to continue treatment.

biologics safety

All medications have the potential to cause side effects. Biologics are no different in this respect.

Prior to commencing a biologic, potential side effects will be discussed with the patient. Regular monitoring is an essential part of managing a patient with psoriasis or any medication, including biologics.

Before Treatment



After Treatment



other information

On the day of your appointment, please ensure that you bring along:

- Medicare Card / Veterans Card
- Pension / Health Care Card
- List of your current medications
- Vaccination history

parking

There is metered parking available in the streets close by, in addition to 24 hour public parking off Pelham and Rathdowne Streets.