



Y-GRAPPA Quarterly Newsletter Insights & Updates

In this issue you'll find an interview with Dr. Paolo Gisondi discussing the role of comorbidities in psoriatic disease. Dr. Dafna Gladman shares a personal reflection on maintaining balance between science and life. We also bring you highlights from the recent GRAPPA Meeting in the UK, introduce members of the Young GRAPPA Newsletter and Social Media Committees, and include a list of key 2025 conferences related to psoriatic disease.



Tugba Izci Duran
Issue coordinator and contributor



Hanna Johnsson
Y-GRAPPA Newsletter group leader and contributor



Flavia Sunzini
Contributor



Daniela Tovar
Layout and contributor



Ahmet Ugur Atilan
Contributor



Isaac Cheng
Contributor

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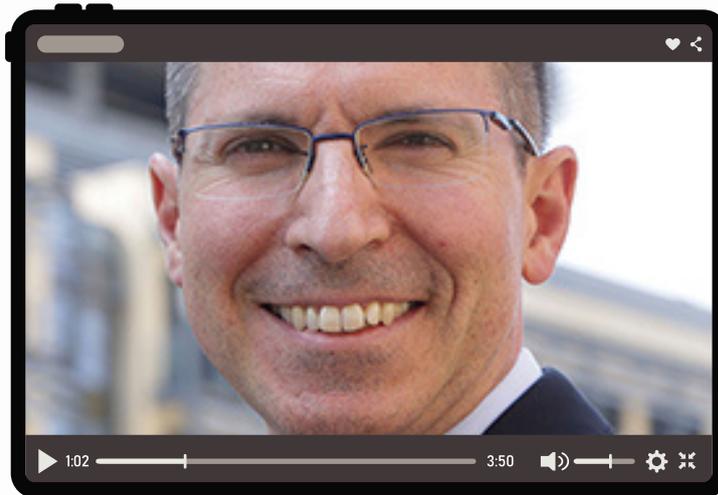
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Interview with Prof. Paolo Gisondi Psoriatic Disease, Lifestyle, and Comorbidities

In this edition, Dr. Paolo Gisondi shared insights from his clinical experience on key aspects of psoriatic disease, with a particular focus on lifestyle factors, obesity, and their relationship with systemic inflammation and comorbidities, especially cardiovascular risk.

Psoriasis and psoriatic arthritis are often associated with obesity, smoking, and high alcohol consumption—factors that not only increase cardiovascular risk but also fuel inflammation and may reduce treatment response, particularly in individuals with obesity. In his clinical practice, he often encourages weight loss in patients with obesity, noting that it can improve treatment outcomes. He has also incorporated the use of tirzepatide in selected patients and received positive feedback. Additionally, he frequently promotes the Mediterranean diet, stress-reducing practices such as yoga and mindfulness, and regular physical activity which may help improve joint mobility and reduce inflammation.

When asked about the most significant recent breakthrough in psoriatic disease, Dr. Gisondi highlighted the potential of early targeted treatment of psoriasis to prevent or mitigate the risk of developing comorbidities, including the transition from psoriasis to PsA. Emerging data suggest that systemic therapies, including biologics, may reduce the risk of PsA compared to topical treatments or phototherapy. He also emphasized the importance of educating patients to see psoriasis not just as a skin condition but as a systemic disease with broader health implications.



You can listen to the full interview [Here](#)



Navigating scientific and academic life **while** maintaining a balance between professional, family, and social responsibilities

Dafna D. Gladman, MD, FRCPC, O.C. Emeritus Professor of Medicine, University of Toronto, Emeritus Scientist, Schroeder Arthritis Institute, Krembil Research Institute, Toronto Western Hospital

Maintaining the balance between professional, family, and social responsibilities is not always easy. The secret is learning two things. Number one is that you cannot be perfect at everything all the time, and number two is learning how to juggle. Maintaining the balance is a juggling act and one must be a good juggler to maintain the balance, especially being a clinician scientist. The first thing I learned once my daughter was born was - forget about getting A marks in Medical School. Just passing is good enough and if you do better than pass, you are golden



That was a lesson for my whole career. While I personally aim high, and those who trained with me know that I expect everyone to be the best they can be, I also realized early on that it is the best one can be under the circumstances. At any time during the day or week, the priorities change. Sometimes it is family that require the most attention, and at other times it is the patients, the research, or other social responsibilities. The important thing is not to get overwhelmed with trying to be perfect at everything. The other thing to remember is that there is help around. Help from other family members, colleagues, hired help. It is important to be able to delegate responsibilities to others where appropriate. One does not have to do everything themselves.

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It helps if one has an incredibly supportive spouse. This is something I was most thankful for in my career. My late husband was most supportive with my studies, with the children, and even with my research. He was the first husband to be taught how to feed his daughter shortly after she was born so that he could get up for the night feed as I was going back to school as soon as we came back from the hospital. We also hired a mothercraft nurse to look after the baby while I was at school, and he was at work. We subsequently had nannies to look after the children until my son was 9 years old and announced that we do not need one any more after the nanny made his underwear turn pink but putting her red sweater in the wash with them.

My children were also amazing. They knew that when it was grant application deadline time, they should not disturb me. However, I also knew that the family comes first. If they needed me, they would stand at the door of my study and wait until I noticed them, at which time I would either attend to them immediately or, if I were in the middle of something, I would ask them to wait a few minutes until I could take a break and then attend to them.

It is still a juggling act even now. But I always respond to my children (and grandchildren) phone calls right away, even to say, "call you later". Family comes first, and then the other responsibilities.

“ At any time during the day or week, the priorities change. Sometimes it is family that require the most attention, and at other times it is the patients, the research, or other social responsibilities. ”



GRAPPA

GROUP FOR RESEARCH
AND ASSESSMENT OF PSORIASIS AND PSORIATIC ARTHRITIS

GRAPPA UK MEETING York - 2025



The GRAPPA UK 2025 meeting took place in York 27-28/02/25 with a record number of 150 delegates, with equal numbers of dermatologists and rheumatologists. The hot topic was the use of pharmacological weight management in patients with psoriatic disease. In the opening session, Prof Stefan Siebert, Glasgow, debated for their use in overweight patients on biologics, while Prof Brian Kirby, Dublin, debated against the proposition. Despite the current lack of RCT data, evidence of the impact of weight on psoriatic disease was sufficient for the audience to vote in favour of pharmacological weight management. Prof Dimitris Papamargaritis, Endocrinologist, Leicester, delved further into the topic on the second day, and presented data on current and upcoming agents.

Y-GRAPPIAn Dr Margo Gkini, London, followed in the same vein in her "Dragons' Den" pitch, arguing that managing cardiometabolic comorbidities is the most impactful advance in psoriatic disease. She had tough competition from Dr Joe Hutton, Cambridge, who presented new findings on circulating osteoclast precursors which migrate to joints in PsA, and Dr Niamh Kearney, Belfast, who convinced the audience that a routine CXR is not required before starting biologic treatments.

The delegates also enjoyed talks on the immunopathogenesis of psoriatic disease, if early intervention can lead to disease modification in psoriatic disease and the future of psoriatic disease services.

The plenary sessions were mixed with workshops, including how to manage pain and complex dermatology cases, the assessment and management of psoriasis in skin of colour and the future of IMID care. The meeting was of course also an opportunity to network with dermatology and rheumatology colleagues.

Thanks to the steering committee: Prof Laura Coates, Oxford, Prof Philip Helliwell, Leeds, Prof Brian Kirby, Dublin, and Dr Laura Savage, Leeds, for putting together a varied and educational programme, and thanks to Johnson & Johnson for sponsoring the meeting.



Y-GRAPPA from the inside

Newsletter Subcommittee



Hanna Johnsson

I am a rheumatologist in Scotland and run the local PsA clinic. I flavour my clinical work with research and have an interest in basic science following my PhD which investigated transcriptional changes in PsA.

I have been the Y-GRAPPA Newsletter subgroup leader since its inception and have also hosted the Inside GRAPPA podcast and updated the GRAPPA Pathogenesis & Tissues slide deck.

Most of my spare time is taken up by two children and husband. As a competitive boxer during my university years I didn't think I'd become a girls team football coach!



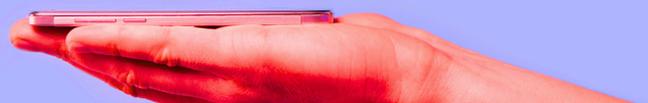
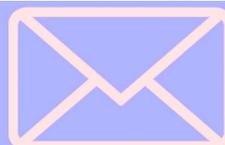
Flavia Sunzini

I'm a clinical immunologist and rheumatologist at the University of Glasgow, with a focus on neuroimmune interactions in psoriatic arthritis (PsA). My research explores how inflammation affects pain and fatigue, aiming to improve outcomes for people living with Psoriatic disease and related conditions. I've been a proud Y-GRAPPA member and part of the newsletter group since 2021. Outside work, I'm a former taekwondo black belt and now a yoga enthusiast, always curious about the mind-body connection in research and beyond.



Tugba Izci Duran

I am a rheumatologist in Turkiye with a clinical researcher fellowship from Charité University in Berlin, focusing on axial spondyloarthritis. My research interests center on the overlap between axial spondyloarthritis and psoriatic arthritis. As a member of Y-GRAPPA since 2021, I engage in newsletters and subcommittees and lead initiatives within the Turkish Society of Rheumatology Young Rheumatologists group (TRD-G). Committed to clinical and academic excellence, I actively contribute to research that enhances our understanding of inflammatory rheumatic diseases. I also have an interest in sports and healthy eating.



Y-GRAPPA from the inside

Newsletter Subcommittee



Ahmet Ugur Atilan

I'm a dermatologist with a deep passion for psoriasis and immune-mediated skin diseases. My research explores how environmental and immunological factors shape chronic inflammatory skin conditions—especially psoriasis. I love bringing together dermatology, immunology, and digital health to find smarter, more effective ways to help patients.

I am an active member of Y-GRAPPA and serve on the newsletter subcommittee, where I get to share exciting updates and insights with our community.



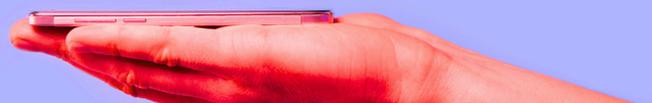
Daniela Tovar

I'm Daniela Tovar, an internist and rheumatologist from Venezuela, now living in Peru. I work at Clínica Tezza and in my private practice, ReumaMedic, with a special interest in psoriasis, immunology, and spondyloarthritis. I also coordinate the PANLAR Woman group and collaborate on the GRAPPA newsletter committee, where I'm especially involved in the layout—something I enjoy deeply thanks to my love for design. Outside of medicine, I enjoy yoga and meditation. Fun fact: I once took a programming course because I'm passionate about technology!



Isaac Cheng

I am Isaac Cheng, a Postdoctoral Fellow in the Division of Rheumatology at The Chinese University of Hong Kong. My research primarily focuses on investigating comorbidities in patients with inflammatory arthritis, particularly cardiovascular disease and radiographic damage. I employ advanced imaging techniques, such as high-resolution peripheral quantitative computed tomography (HR-pQCT), to conduct thorough evaluations of these conditions. Additionally, I am also the facilitator of the APLAR SpA registry, a multinational spondyloarthritis registry in the Asia-Pacific region. Nice to e-meet you all, and I am looking forward to meeting you in person soon!



Y-GRAPPA from the inside

SoMe Subcommittee



Daniela Tovar

Hi, it's Daniela Tovar! I'm interested in the axial manifestations of PsA. I'm passionate about science communication and turning complex information into clear, useful content for patients, students, and colleagues. That's why I'm excited to be part of the SoMe group! I coordinate the PANLAR Woman group to amplify women's voices in rheumatology, promote equity, and support leadership.



Virginia Carrizo

Virginia Carrizo Abarza: I'm a Rheumatologist, currently completing a fellowship in psoriatic arthritis at Toronto Western Hospital, University of Toronto. I'm passionate about communication, raising awareness of rheumatic diseases, and patient education. 😊 As a proud Argentine 🇦🇷 I love playing football—and I'm also a community manager!



Gabriela Rodriguez

My name is Gaby Rodriguez, and I am a dermatologist from Costa Rica with a special interest in lupus, psoriasis, and skin cancer. I am currently doing a fellowship in Advanced Medical Dermatology at the University of Toronto. Outside of dermatology, I am passionate about nature, environmentalism, and conservation, which drive my commitment to preserving the natural world.



Y-GRAPPA from the inside

SoMe Subcommittee



Fernando Sommerfleck

Rheumatologist at Sanatorio Julio Mendez, Argentina. Coordinator of the Psoriatic Arthritis and Axial Spondyloarthritis Study Group of PANLAR. Proud member of ASAS, GRAPPA and its awesome social media group!



Barbara Hernandez

I am a dermatologist at the Italian Hospital of Buenos Aires. I specialize in treating patients with immune-mediated dermatological diseases. I also work as a sub-investigator in research protocols for new molecules targeting these conditions. I am a member of the lifestyle medicine working group of the Argentine Society of Dermatology and serve on the board of directors of the Argentine Psoriasis Society. I love going to the gym and reading about nutrition and lifestyle to apply it both in my own life and in my patients' care.



Sanshenka Bonilla

My name is Sanshenka Bonilla Tovar. I am an Internal Medicine specialist and Rheumatologist, trained at the Universidad Central de Venezuela. Currently, I work in Lima, Peru, at Clínica Tezza and ReumaMedic. My main areas of interest include psoriatic arthritis, systemic sclerosis, and interstitial lung diseases associated with autoimmune conditions. I am also an active member of PANLAR Woman. I have a passion for reading, lettering, and writing. I love animals and enjoy supporting causes I believe in.



Y-GRAPPA from the inside

Website Subcommittee



Roxana Coras

I am Roxana, rheumatologist trained in Europe but I relocated to the US so I am currently a fellow again. I am enrolled in a research track and hoping to be able to do translational research in the future



Andrea Bran

I'm a Guatemalan rheumatologist science 2022, I work in my private clinic and I am also a patient, I have a kidney transplant science 2008 (almost 17 years ago) and that helps a lot with my patients empathy and to understand how they feel with chronic illness.



Diana Rincón

I'm an internist, rheumatologist, and epidemiologist in Medellín, Colombia, the city of eternal spring. A mother of two little ones... a multitasking girl
My main interest participating in YGRAPPA stems from the number of patients I see daily with psoriatic arthritis, who face delays in diagnosis and difficulties in treatment due to the current complex healthcare system. I want to stay up-to-date and offer them opportunities, tirelessly learning and training alongside the best from other countries and sharing my knowledge.



Y-GRAPPA from the inside

Website Subcommittee



Yelitza Velarde Mejia

I am a rheumatologist and researcher passionate about understanding the intersection between inflammation and chronic diseases. A fun fact about me: I balance my work in medicine with my love for teaching, and in my free time, I enjoy practicing Taekwondo and singing.



Guilherme Muzy

Dermatologist from Brazil and has previously participated in the EADV 2024 newsletter, sharing key insights on basic science abstracts.



2025 Annual Meeting and Trainee Symposium

July 10-12, 2025 | Bogotá, Colombia

The first Latin American GRAPPA Annual Meeting, where our friendly and collaborative community of professionals will gather to advance research and education in psoriasis and psoriatic arthritis.

 [Register Here](#)

ANNUAL MEETING
& TRAINEE SYMPOSIUM **2025**

BOGOTA, COLOMBIA
JULY 10-12

Key Dermatology Conferences date & submission timeline 2025

Annual Meeting	Abstract Submission Date	Location	Date of the Event
<u>International Dermatology & Cosmetology Congress (INDERCOS)</u>	30 March 2025 (closed)	İstanbul, Türkiye	17-20 April 2025
<u>European Academy of Dermatology and Venereology (EADV) Symposium</u>	6 February 2025 (closed)	Prague, Czech Republic	22-24 May 2025
<u>International Congress of Dermatology (ICD)</u>	29 October 2024 (closed)	Rome, Italy	18-21 June 2025
<u>EADV Congress</u>	17 Apr 2025	Paris, France	17-20 Sept. 2025



Key Rheumatology Conferences date & submission timeline 2025

Annual Meeting	Abstract Submission Date	Location	Date of the Event
African League of Associations for Rheumatology (AFLAR) congress	10 Mar 2025 (closed)	Yaoundé, Cameroon	10-12 Apr 2025
Pan-American League of Rheumatology (PANLAR) congress	30 December 2024 (closed)	Mexico City, Mexico	23-26 April 2025
European Alliance of Associations for Rheumatology (EULAR) congress	January 2025 (closed)	Barcelona, Spain	11-14 June 2025
Asia Pacific League of Associations for Rheumatology (APLAR) congress	28 March 2025 (closed)	Fukuoka, Japan	3-7 September 2025
American College of Rheumatology (ACR) Convergence	13 May 2025	Chicago, USA	24-29 October 2025



Thank you for being part of the Young GRAPPA community.

Y-GRAPPAⁱ**Ans**
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