



Y-GRAPPA Quarterly Newsletter Anniversary Issue

Five years after its launch, Y-GRAPPA continues to grow as a global community. In this special anniversary edition, we celebrate the milestone by reflecting on our journey, recognizing the people and initiatives that have shaped our community, and exploring what comes next.



Tugba Izci Duran
Contributor



Hanna Johnsson
Y-GRAPPA Newsletter group
leader and contributor



Flavia Sunzini
Contributor



Daniela Tovar
Layout



Isaac Cheng
Contributor



Ahmet Uğur Atılan
Contributor

Content

02.

**Celebrating 5 Years of
Y-GRAPPA**

03.

What Y-GRAPPA Means to Us

04.

**Y-GRAPPA: Our Journey So
Far**

06.

**An Always-On Engagement
Engine**

07.

The People Behind Y-GRAPPA

08.

In Their Own Words

09.

New Chair elected

10.

**Key Psoriatic Disease
Conferences 2026-2027**



Celebrating 5 Years of Y-GRAPPA

By Andre Ribeiro, Chair of Young-GRAPPA (2024 to 2026)

As Young-GRAPPA reaches its fifth year, it has matured from a small group of early-career members into a global, multidisciplinary network in psoriatic disease. The community now brings together trainees and young professionals from rheumatology and dermatology across multiple continents, with an expanding portfolio of educational, scientific, and networking initiatives. The notes below summarise where the group stands today and the activities developed over this period, including cross-cutting initiatives that sit outside any single subcommittee.

Ongoing initiatives sustained and expanded

- Quarterly **Newsletter** and the Do Not Miss conference newsletter, summarising key abstracts from EADV, EULAR, AAD and ACR.
- **Virtual Highlights** sessions distilling the major congresses, EADV, EULAR, AAD, and ACR, into accessible updates.
- Participation in **GRAPPA publications**, including Young-GRAPPA 2023: The Future Is Bright in the Journal of Rheumatology.
- **Inside GRAPPA podcast**, covering comorbidities, treatment, and trends in psoriatic disease.
- **Slide Library**, providing curated educational material for members and trainees.
- Annual Trainee Symposium call for abstracts and the **Pilot Research Grant** in psoriasis and PsA.
- **Social media education series**, including #GRAPPAInDepth, difficult-to-treat PsA, expert tips, and TYK2 content.

Looking ahead

Every established project continued and made incremental gains over this period, while several new initiatives were added to the portfolio. The group enters its next phase with stable leadership and a clear direction, with Gizem Ayan moving into the chair role and Dylan McGagh joining as incoming chair-elect.

Where we are now

Young-GRAPPA currently counts 218 members, 130 women and 81 men, with 145 from rheumatology and 73 from dermatology. The group is led by a chair, a chair-elect, and a past chair, supported by eight active subcommittees: Newsletter, Networking, Social Media, Research, Website, Membership, Education, and Dermatology-Rheumatology Collaboration. Founding chair Fabian Proft set the initial direction, and leadership continuity is now assured, with Gizem Ayan serving as chair-elect and Dylan McGagh joining as incoming chair-elect.

New initiatives launched during 2024 to 2026

- **Edu-to-SoMe**, translating dense academic abstracts into short, accessible social media formats with actionable takeaways.
- **GRAPPA App update**, scheduled to launch at the Annual Meeting 2026 in Lisbon.
- **Young-GRAPPA Networking Event** at conferences, with the EULAR 2026 edition in London bringing together 21 members.
- Automated Young-GRAPPA **membership application**, streamlining onboarding from request to approval.
- **Joint Rounds**, combining Journal Club and Complex Cases discussions.
- **Joint webinars** with EMEUNET and PANLAR Joven, plus a dedicated Grant Writing webinar.
- **Mentor-Mentee Meeting** and a **Young-GRAPPA-led workshop** on Teaching the Mentor at the Annual Meeting.
- **Explore-PsA**, a global survey on psoriatic arthritis disease activity assessment.
- Active promotion of fellowship and mentorship opportunities across the network.

What Y-GRAPPA Means to Us

Y-GRAPPA is much more than a professional network—it's a **community** where opportunities become reality. It provides a welcoming space for young clinicians and researchers, including those without access to large academic centers or established research groups, to learn, contribute, and grow. Through mentorship, collaboration, and hands-on involvement in projects, **members gain not only new skills but also the confidence to discover and develop their own potential.**

WHAT IS Y-GRAPPA?

In one word...

Global Impact
Dedication Empowerment Passion
Innovation Teamwork Collaboration Future
Unity Diversity Trust Energy Y-GRAPPA Growth
Mentorship Research Development Networking Inclusivity Togetherness
Inspiration Friendship Opportunity Kindness
Knowledge Encouragement Excellence Support

What does **Y-GRAPPA** mean to YOU?

YOUNG GROUP FOR RESEARCH
AND ASSESSMENT OF PSORIASIS AND PSORIATIC ARTHRITIS

Share your thoughts with us!



Y-GRAPPA: Our Journey So Far

The Vision Behind Y-GRAPPA

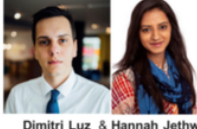
The aim of Young-GRAPPA is to bring younger – and not yet well established – clinicians and researchers with an interest in psoriatic disease closer to GRAPPA procedures, to boost networking between Young-GRAPPiAns, motivate them to get involved in ongoing GRAPPA activities and to launch their own projects in the future. Ultimately, the group supports the dissemination of the work of GRAPPA.

Milestones That Shaped Y-GRAPPA: Our Timeline

- 25th June 2021 – **Young-GRAPPA kick-off** meeting on-line, led by Fabian Proft
- 2021 – Development of a leadership team with a chair, co-chair and 8 sub-committees: governance (now membership), education, website, social media, networking, newsletter, derm-/rheum collab and research and the first Y-GRAPPA publication written by the leadership team. [Click here to read.](#)
- 2021 – First ACR Highlights Presentation
- 2022 – March 2022 – call to Y-GRAPPA members to update the GRAPPA slide library
- 2022 – April 2022 first Y-GRAPPA newsletter
- 2022 – First face-to-face Y-GRAPPA meeting at the Annual Meeting in New York, USA.

Total membership at the time: 85

Y-GRAPPA Leadership team 2022

Chair	Co-Chair	Education	Research	Derm-/Rheum Collaboration	Governance
					
Fabian Proft Rheum Germany	Leonieke van Mens Rheum Netherlands	Gizem Ayan Rheum; Turkey	Alla Ishenko Rheum; Belgium	Dimitri Luz & Hannah Jethwa Derm, Brazil Rheum, UK	David Simon Rheum, Germany
		Newsletter	Networking	Social Media	Website
					
		Hanna Johnson Rheum, UK	Arani Vivekanantham Rheum, UK	Sebastián Herrera Rheum; Colombia	Roxana Coras Rheum; USA

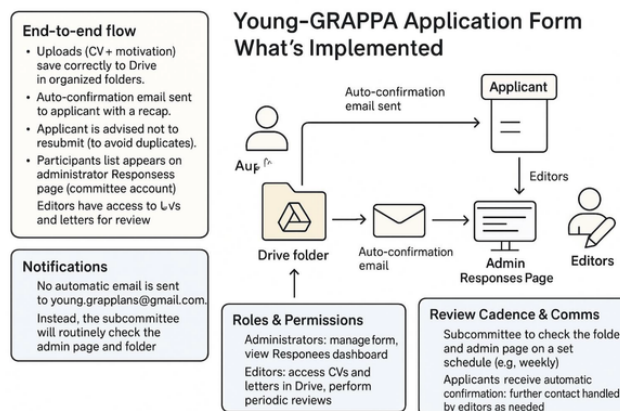
- 2022 – Message to Y-GRAPPiAns video series showcased at the Annual meeting in New York, USA
- 2022 – First online mentor-mentee meeting 2th September 2022, with Prof Laura Coates.
- 2022 – First Do-Not-Miss newsletter (ACR 2022)
- 2023 – Launch of the updated GRAPPA slide library at the Annual meeting in Dublin, Ireland
[GRAPPA Slide Library](#)

Total membership at the time: 120

Y-GRAPPA: Our Journey So Far

Milestones That Shaped Y-GRAPPA: Our Timeline

- 2023 - Update of Y-GRAPPA website [Young GRAPPA - GRAPPA Network](#)
- 2023 - First InsideGRAPPA Podcast on Unraveling the GRAPPA Treatment Recommendations [Podcasts - GRAPPA Network](#)
- 2024 - Publication of scoping review [Difficult-to-treat psoriatic arthritis \(D2T PsA\): a scoping literature review informing a GRAPPA research project | RMD Open](#)
- 2024 - First publication of the #GRAPPAinDepth social media campaign, translating dense academic abstracts into short, accessible social media formats with actionable takeaways.
- 2024 - Joint Rounds - combining Journal Club and Complex Cases discussions
- 2024 - 2025 - formalized framework of eight operational subcommittees and process for applications
- 2025 - Joint webinar with EMEUNET
- 2025 - First PANLAR Joven and Young-GRAPPA joint symposium, Mexico city, Mexico
- 2025 - First in person Mentor-Mentee meeting prior to the Annual meeting in Bogotá, Colombia
- 2025 - Launch of automatic Y-GRAPPA application by membership group



- 2025 - Mentees teaching the Mentors - A full workshop session at the 2025 Annual Meeting in Bogotá — “Leveraging Technology & AI for Research and Practice”
- 2025 - Launch of EXPLORE-PsA project by the Research Group [EXPLORE-PsA - GRAPPA Network](#)
- 2025 - Grant Writing Workshop with top-tips from GRAPPA pilot grant award winners
- 2026 - Application for GRAPPA US Fellowship and Global Membership programmes
- 2026 - Young-GRAPPA Networking Event at conferences, with the EULAR 2026 edition in London
- 2026 - GRAPPA App update launch.
- 2026 - Presentation of the first EXPLORE-PsA results at the Annual meeting in Lisbon, Portugal

Total membership: 218

An Always-On Engagement Engine

One of Y-GRAPPA's **greatest strengths** has been creating opportunities for members to stay engaged beyond the Annual Meetings. Rather than relying on a single yearly event, the initiative has developed a continuous ecosystem of educational, networking, and communication activities that keep members connected throughout the year. These initiatives provide multiple entry points for participation, allowing members to contribute according to their interests while strengthening their sense of belonging within the GRAPPA community.

From member-written newsletters and podcasts to multilingual educational resources, social media initiatives, congress highlights, and curated learning materials, these programs have created a sustainable platform for knowledge sharing and professional development. Together, they have helped transform Y-GRAPPA into an active, collaborative, and globally connected community where learning, mentorship, and innovation continue well beyond the conference stage.

RETENTION RUNS ON REGULAR CONTACT

An Always-On Engagement Engine



Quarterly Newsletter

Y-GRAPPIAns — member-written, covering research, conferences, and subcommittee news each quarter.



Inside GRAPPA Podcast

Member-hosted episodes on Spotify, from comorbidities to nail psoriasis.



Virtual Congress Highlights

Recurring post-conference webinars after EADV, AAD, ACR and EULAR — open to all members.



Multilingual Slide Library

Searchable, downloadable slide sets, now live in Portuguese and expanding.



Social Media Series

#GRAPPAInDepth, Psoriasis Prime Time, and mentor-tip content built for feed consumption.



Do-Not-Miss Digests

Curated pre-congress reading lists for EADV and EULAR, written by members for members.





The People Behind Y-GRAPPA

Leadership:



FABIAN PROFT

Past Chair



ANDRE RIBEIRO

CHAIR



GIZEM AYAN

Chair Elected

Young-GRAPPA Subcommittees



HANNA JOHNSON

Newsletter Group



ARANI VIVEKANANTHAM

Networking Group



DANIELA TOVAR

Social Media Group



MICHELLE MULDER

Research Group



ROXANA CORAS

Website Group



VINCENZO VENERITO

Membership Group



RAPHAEL MICHEROLI

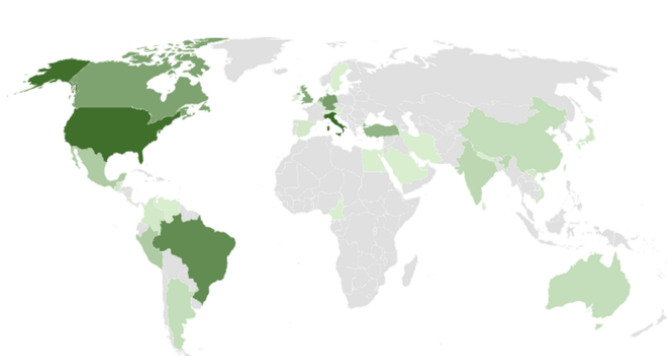
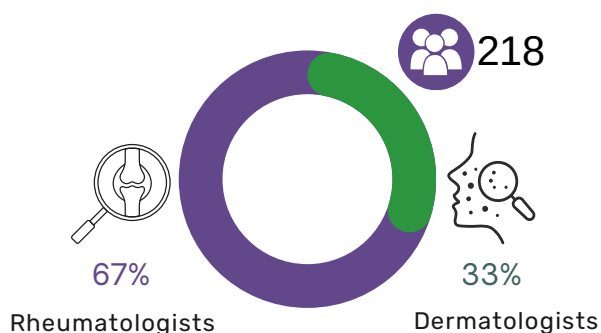
Education Group



DIMITRI LUZ

Derm/Rheum Collab

Membership status



In Their Own Words:

A conversation with our Chair and Chair-Elect on Y-GRAPPA's growth, impact, and future.

André Ribeiro. Y-GRAPPA Chair



What has been the highlight of your time as chair for Young-GRAPPA?

If I have to choose one, it was closing my term on a high note with the Young-GRAPPA Networking Event at EULAR 2026 in London, which brought 21 members together and quickly became a real anchor point for the community. More broadly, what I am most satisfied with is that every existing project continued and made incremental gains during my tenure, while we were also able to launch several new initiatives, from Edu-to-SoMe and the GRAPPA app update to Joint Rounds, the automated membership application, and the conference networking events. I also leave the role reassured about continuity. Gizem Ayan steps in as chair and will keep Young-GRAPPA moving in the right direction, and I am delighted that Dylan McGagh will join as incoming chair-elect.

What opportunities does Young-GRAPPA give its members, and your top tips?

Young-GRAPPA gives early-career members direct access to a global network in psoriatic disease and to opportunities that are hard to find elsewhere: involvement in research projects and publications, mentorship through the GRAPPA programme, and a seat at international meetings alongside established leaders in the field. My **main tip** is simple. Join a subcommittee and contribute actively. The members who get the most out of Young-GRAPPA are the ones who take on a project, show up consistently, and use the network to build collaborations. A second tip is to say yes to early opportunities, since most of the lasting connections and authorship roles come from work that started long before it felt comfortable.

Gizem Ayan. Y-GRAPPA Chair-elect



What are your plans for Y-GRAPPA in the next two years?

As I take on the role of Chair, my goal is to build on the incredible foundation that Y-GRAPPA has created over the past five years. I would like Y-GRAPPA to become even more inclusive, visible, and connected, creating opportunities for early-career members from different regions, specialties, and backgrounds to collaborate, learn, and lead together. We are planning to expand our educational activities through journal clubs, case discussions, and clinical skills initiatives, while strengthening mentorship, networking, and patient partnerships by involving PRPs more actively in our activities. Most importantly, I hope every member feels that Y-GRAPPA is a place where ideas are welcomed, collaborations begin, friendships grow, and future leaders are supported.

What have you got out of your Y-GRAPPA membership so far?

More than anything, Y-GRAPPA has given me a community. What started as a network of early-career colleagues has become a group of trusted friends and collaborators from around the world. Professionally, it has given me opportunities I never imagined, from leading international projects and educational initiatives to learning how to coordinate diverse teams, build consensus, and turn ideas into reality. It has also given me visibility within the GRAPPA community, but even more importantly, it has given me the trust and confidence of mentors and colleagues to take on new responsibilities. Looking back, Y-GRAPPA has shaped not only my career, but also the way I collaborate, lead, and support others.





Young-GRAPPA Announcement

Dylan McGagh

New Chair-Elect of Young-GRAPPA



AFFILIATION

Rheumatology Trainee at Oxford; from August 2026, NIHR Doctoral Research Fellow at the University of Oxford, Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences



MENTOR

Laura Coates



RESEARCH FOCUS

Exploring how digital health technologies, including smartphones and wearables, can improve capture of disease impact in inflammatory arthritis, with a particular focus on psoriatic disease



PROJECTS

- ✓ EXPLORE-PsA
- ✓ GRAPPA-COMBINE
- ✓ Young-GRAPPA Networking Event in London
- ✓ Young-GRAPPA Research Committee

Y-GRAPPA

YOUNG GROUP FOR RESEARCH
AND ASSESSMENT OF PSORIASIS AND PSORIATIC ARTHRITIS



CONNECTING YOUNG MINDS. DRIVING RHEUMATOLOGY FORWARD.

Major Conferences date & submission timeline 2026–2027

Annual Meeting	Abstract Submission Date	Location	Date of the Event
<u>GRAPPA Annual Meeting & Trainee Symposium</u>	1 Mar 2026 (closed)	Lisbon, Portugal	9–11 Jul 2026
<u>International Congress of Dermatology (ICD)</u>	27 Nov 2025 (closed)	Vancouver, Canada	23–24 Sep 2026
<u>European Academy of Dermatology and Venereology (EADV) Congress 2026</u>	14 May 2026 (closed)	Vienna, Austria	30 Sep–3 Oct 2026
<u>Asia Pacific League of Associations for Rheumatology (APLAR) congress</u>	24 Apr 2026	Seoul, South Korea	28 Oct– 1 Nov 2026
<u>American College of Rheumatology (ACR) Convergence</u>	9 Jun 2026	Orlando, USA	6–11 Nov 2026
<u>American Academy of Dermatology (AAD) annual meeting</u>	2 Sept 2026	San Francisco, USA	19–23 Mar, 2027
<u>International Dermatology & Cosmetology Congress (INDERCOS)</u>	Mar 2027 (To be announced)	Istanbul, Türkiye	Apr 2027
<u>African League of Associations for Rheumatology (AFLAR) Congress 2027</u>	To be announced	Accra, Ghana	12–17 Apr 2027
<u>Pan-American League of Rheumatology (PANLAR) congress</u>	Dec 2026 (To be announced)	Buenos Aires, Argentina	14–17 Apr 2027
<u>European Academy of Dermatology and Venereology (EADV) Symposium 2027</u>	Feb 2027 (To be announced)	Dresden, Germany	20–22 May 2027
<u>European Alliance of Associations for Rheumatology (EULAR) congress 2027</u>	15 Jan 2027 (To be announced)	Berlin, Germany	9–12 Jun 2027
<u>GRAPPA Annual Meeting & Trainee Symposium</u>	Mar 2027 (To be announced)	Dallas, USA	15–17 Jul 2027

Happy 5th ANNIVERSARY

Y-GRAPPiAns!

Thank you for your passion, your ideas, and your commitment to making Y-GRAPPA what it is today. Every project, every collaboration, every friendship, and every new member has helped shape this incredible community. The best chapters are still ahead—and we can't wait to write them together.

Y-GRAPPiAns
YOUNG GROUP FOR RESEARCH
AND ASSESSMENT OF PSORIASIS AND PSORIATIC ARTHRITIS