

29th October, World Psoriasis Day

Psoriasis was found to impact on wellbeing in a similar level to breast cancer^{1,2}

- Psoriasis affects around 60 million people worldwide. Half of them suffer a moderate to very large impact on their quality of life due to the strong effects on their mental health and emotional wellbeing^{3,4}
- Findings of a study conducted by Almirall show that wellbeing of patients with moderate-to-severe plaque psoriasis was comparable to the level of wellbeing found in other diseases such as breast cancer or diabetes^{1,2}
- Moreover, eight out of ten people living with psoriasis reported that the disease has affected their relationships, especially their partners, and their family life, according to IFPA (International Federation of Psoriasis Associations)⁴
- Almirall sheds light on the impact of this disease on the wellbeing of patients, their families and friends through the series *Nina*

BARCELONA, Spain. 27th October, 2023 – Psoriasis is a chronic skin disease which, beyond the physical symptoms, it can have a considerable negative impact on people's wellbeing similar to other diseases such as breast cancer or diabetes, according to the latest data from the first clinical study in dermatology to assess improvements in patients' wellbeing as a primary endpoint.^{1,2} On **World Psoriasis Day, 29th October, Almirall**, a global biopharmaceutical company focused on medical dermatology, **sheds light on the impact of this disease on the wellbeing of individuals, their families, and friends through the series *Nina***, and with the support of the global patient organization [IFPA](#).

Although psoriasis is a highly prevalent disease, affecting around **60 million people worldwide**,³ 3% of the population in Europe,⁵ both **patients with psoriasis and healthcare professionals have fundamental gaps in their knowledge about psoriasis and its treatment**.⁶ Almost 77% of patients believe that psoriasis negatively affects their normal daily activities (personal, social, and work life)⁷ and wellbeing.⁸ Moreover, eight out of ten people living with psoriasis reported that the disease has affected their relationships, especially their partners, and their family life, according to IFPA.⁴

Further evidence presented at the EADV Congress revealed that **around 40% of the patients with moderate-to-severe plaque psoriasis showed depressive symptoms at baseline**.⁹ The POSITIVE study, which included 780 adult patients with moderate-to-severe plaque psoriasis from across Europe, presented by Almirall also demonstrates for the first time the impact of the disease in the social and emotional wellbeing of their relatives, underscoring the existing unmet needs not only in the management of psoriatic patients but also their families.¹⁰

"We know that psoriasis affects more than just the skin and has a significant impact on the quality of life of people living with it. At Almirall, we have taken a step further and measured for the first time how this disease affects not only the patients, but also their families, relatives, and even their physicians. We have also shown how it is possible to improve psychological wellbeing by addressing physical symptoms and truly transforming patients' lives. It is crucial to continue raising awareness of how psoriasis can affect people in different ways, which is what we have aimed to do with "Nina". The series aims for a message of hope: the disease ultimately can be managed," said **Dr. Volker Koscielny, Chief Medical Officer at Almirall**.

***Nina*, a journey from darkness to light**

To highlight the emotional impact of living with psoriasis and shed light on the different needs of each person and their relatives, **Almirall released the series *Nina*** with the support of IFPA and the Spanish association Acción Psoriasis, and with the medical advice from Dr. Eva Vilarrasa, dermatologist at the Hospital de la Santa Creu i Sant Pau in Barcelona. Through the inspiring story of a fashion designer, *Nina* shows how different four people experience their disease, but at the same time how important it is, with personalized disease management, to receive the right treatment at the right time.

Through this life story, **Almirall aims to focus on the impact on the wellbeing of people living with psoriasis**, which is different depending on the stage of the disease, and how controlled it is, but it always affects profoundly not only in the patient, but in everyone around them. The audiovisual piece also sends a positive message to people suffering from the disease by showing that, despite the harsh effect of psoriasis on people's daily lives, the spirit of self-improvement and scientific advances are key to improving their wellbeing.

Furthermore, by raising awareness of the effects of psoriasis, the company aims to improve understanding of the impact of the disease and break down the stigma that society has about it, thus contributing to improved wellbeing for people living with the condition.

Nina is part of the campaign "Shedding Light on Psoriasis", which was launched by Almirall in 2021 to raise awareness of the daily challenges faced by people living with psoriasis and highlighting the importance of ensuring their wellbeing. All the episodes of the series can be found in English, Spanish, German, Italian and French (plus with subtitle options in Portuguese, Dutch and Polish) on the website www.ninainpsoriasis.com and on [social media](#).

The company is also actively supporting IFPA's 'Access for All' campaign on World Psoriasis Day, which aims to ensure that people with psoriasis have affordable access to the right treatment at the right time. **Frida Dunger, IFPA's Executive Director**, stated the importance of universal health coverage to reducing the burden of psoriatic disease: *"By ensuring that populations have access to affordable basic healthcare, medicines, and treatment, and that individuals can be quickly and accurately diagnosed and receive early and appropriate treatment we decrease the negative impact of the disease and improve the overall wellbeing. Through initiatives such as "Shedding Light on Psoriasis" and the series "Nina", we advocate for personalized and holistic health care for people living with psoriasis."*

About psoriasis

Psoriasis is a common, non-contagious, chronic skin disease, with no clear cause or cure. The negative impact of psoriasis on people's lives can be immense as it affects the appearance of the skin with red, scaly plaques. Psoriasis affects people of all ages, and in all countries. The reported prevalence of psoriasis in Europe varies from 0.6% to 6.5% with an average of approximately 3% of the population,^{5,11} making psoriasis a serious global problem with about 60 million individuals affected worldwide.³ The flares of psoriasis can be unpredictable and significant comorbidities are common, including arthritis, cardiovascular diseases, metabolic syndrome, inflammatory bowel disease and depression.

About Almirall

Almirall is a global biopharmaceutical company focused on medical dermatology. We collaborate with scientists and healthcare professionals to address patients' needs through science to improve their lives. Our Noble Purpose is at the core of our work: "Transform the patients' world by helping them realize their hopes and dreams for a healthy life". We invest in differentiated and ground-breaking medical dermatology products to bring our innovative solutions to patients in need.

The company, founded in 1944 and headquartered in Barcelona, is publicly traded on the Spanish Stock Exchange (ticker: ALM). Throughout its 79-year history, Almirall has focused intensely on patients' needs. Almirall has a direct presence in 21 countries and strategic agreements in over 70, with about 1,800 employees. Total revenue in 2022 was €878.5MM.

For more information, please visit www.almirall.com

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¹ Mrowietz U, et al. Presented at the 25th World Congress of Dermatology (WCD) July 3-8, 2023, Singapore, Abstract 799.

² Topp CW, et al. Psychother Psychosom 2015;84:167–76.

³ Parisi R, Iskandar IYK, Kontopantelis E, et al. BMJ. 2020; 369 :m1590 doi:10.1136/bmj.m1590.

⁴ IFPA | Psoriasis and Beyond: The global psoriatic disease study. <https://ifpa-pso.com/projects/psoriasis-and-beyond>.

⁵ Chandran V and Raychaudhuri SP. J. Autoimmune. 2010; 34: J314-J21.

⁶ Majeed-Ariss R, McPhee M, McAteer H, et al. Br J Dermatol. 2020 Aug;183(2):399-400. doi: 10.1111/bjd.19023.

⁷ Villacorta R, Teeple A, Lee S, et al. Br J Dermatol. 2020;183:548–58. doi:10.1111/bjd.18798.

⁸ Dubertret L, Mrowietz U, Ranki A, et al. Br J Dermatol. 2006;155:729–36. doi:10.1111/j.1365-2133.2006.07405.

⁹ Sommer R, et al. Presented at the 32nd European Academy of Dermatology and Venereology (EADV) Congress, 11 – 14 October 2023, Berlin, Germany. Abstract 3490.

¹⁰ Mrowietz U, et al. Presented at the 32nd European Academy of Dermatology and Venereology (EADV) Congress, 11 – 14 October 2023, Berlin, Germany. Abstract 3489.

¹¹ Schafer T. Dermatology. 2006;212: 327-37. doi: 10.1159/000092283. PMID: 16707882.