

A Brief Report on Continuing Pharmacotherapy Education (CPHe) Programme on “LIPOSOMAL METHOTREXATE IN THE TREATMENT OF PSORIASIS”

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Speaker: Dr Thowfeeq
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Topic: Liposomal Methotrexate in the Treatment of Psoriasis

Organized by: Dept. of Pharmacy Practice, JSS College of Pharmacy, Ooty

Venue: Seminar Hall, JSS College of Pharmacy, Ooty

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Dr Thowfeeq completed his post- graduate diploma from Madras medical College, Chennai and completed two years of Residential program in the department of Dermatology and Venereology in PSG Institute of Medical Sciences and Research. He has completed thesis titled "Skin manifestation in gastrointestinal disease" recognized by the National Board of Examination and having experience for past 20 years, practicing Dermatology and Venereology and does cosmetic laser procedures. An invited guest lecturer, speaker, Trainer, Core trainer, CME organizer, presented many papers in National and International conferences and has chaired session in conferences of IADVL, completed Educational Activity Titled Congress of Cosmetic Dermatology, from The American Association of continuing medical education.

Dr Thowfeeq started his lecture by describing about psoriasis, its prevalence, and the challenges in its treatment particularly about the use of Methotrexate in psoriasis treatment and its limitations and potential side effects associated with conventional Methotrexate. The speaker also emphasized the importance of liposomal formulations in improving drug targeting and reducing systemic toxicity. Dr Thowfeeq also discussed the detailed exploration of studies and clinical trials supporting the use of liposomal Methotrexate in psoriasis and its comparison of efficacy and safety profiles between traditional and liposomal Methotrexate. Dr Thowfeeq described in brief about the diagnostic test to be done for diagnosing psoriasis and several attractive images to keep memorize the types of psoriasis with the images differentiating each psoriasis, the life expectancy of the patients and the aging process for the patients with psoriasis. The speaker emphasized on topic such as Clinical features of Psoriasis, Unmet medical need, Psoriasis challenges: Patient perspective and Clinician perspective, Overview of Treatment Options using NB-UVB, Historic - Goeckerman therapy, Grenz Therapy, Challenges with the systemic therapy, Challenges in topical pharmacotherapy, drug delivery challenges, Advantages of liposomal technology, Methotrexate in liposomal technology, Methotrexate gel in clinical studies, Safety of methotrexate gel using draize test, Quality of life for the patients with psoriasis. Dr Thowfeeq then concluded her presentation followed by taking up queries from the audience and staff, Department of Pharmacy Practice. Around 95 participants fruitfully benefited through this Workshop.

